

## Sleep & Nasal Breathing Quiz

Your dentist is NOT medically qualified, nor legally permitted to diagnose a Snoring Problem vs Sleep Apnea. A diagnosis must be made by a Physician! This quiz can help you decide whether your Snoring could be related to Sleep Apnea, if Nasal Breathing is an issue & a Sleep Test is recommended.

1. Are you a loud and/or regular snorer? Yes No
2. Have you ever been observed to gasp or stop breathing during sleep? Yes No
3. Do you feel tired or groggy upon awakening, or do you sometimes awaken with a headache? Yes No
4. Are you often tired or fatigued during the wake time hours? Yes No
5. Do you fall asleep sitting, reading, watching TV or driving? Yes No
6. Do you often have problems with memory or concentration? Yes No

If you have one or more of these symptoms, you are at higher risk for having obstructive sleep apnea. If you are also overweight, have a large neck, and/or have high blood pressure..... the risk increases even further. The questions below can identify nasal breathing issues and the Cottle Maneuver, pictured below, can demonstrate the benefit of Nasal Dilation with the OASYS Oral / Nasal Airway System.

### ***Do you struggle . . .***

7. when breathing through your nose? Yes No
8. with nasal congestion or stuffiness? Yes No
9. with nasal blockage or obstruction? Yes No
10. with a deviated septum? Yes No

**Cottle Maneuver** – Breathe through your nose.... Then place your thumb and index finger underneath the cheeks and stretch....and see if there is increased airflow through your nose.

