

MATTHEW L. FINERMAN, M.D., INC.

SNORING QUESTIONNAIRE

- PLEASE PRINT -

PATIENT'S NAME: _____ DATE OF VISIT: ____/____/____

DATE OF BIRTH: ____/____/____ AGE: _____ MALE FEMALE

HEIGHT: _____ WEIGHT: _____ NECK SIZE: _____

CURRENT MEDICINES/DOSES: 1. _____
2. _____ 5. _____
3. _____ 6. _____
4. _____ 7. _____

ALLERGIES TO MEDICINES:
1. _____
2. _____

SURGERIES (with date/years)

Tonsillectomy: _____ Adenoidectomy: _____ Uvulopalatoplasty: _____

Nasal Surgery: _____ Sinus Surgery: _____ Tracheostomy: _____

Do you use sleeping pills? No, never No, but I used to Yes ~ Quantity pr/day: _____
Do you drink alcohol? No, never No, but I used to Yes ~ How many drinks? ____/day or wk?
Do you smoke? No, never No, but I used to Yes ~ Packs per day? ____x____ years
Do you exercise? No, never Rarely Occasionally Regularly

PLEASE answer or circle Y(yes), N(no)

- Have you ever been diagnosed with sleep apnea? Y N
If yes, by whom? Physician's name: _____ Based on what kind of test? _____
- How loudly do you snore? Mild____ Moderate____ Extreme____
- Does your snoring bother your partner? Mild____ Moderate____ Extreme____
- Have you ever been asked to sleep in another bed or bedroom..... Y N
- Has your sleep partner ever moved to another room because of your snoring?... Y N
- Difficulty or frustration with sexual activity?..... Y N
- Difficulty with memory or concentration?..... Y N
- Difficulty breathing during the day?..... Y N
- Difficulty breathing during the night?..... Y N
- Difficulty breathing through your nose?..... Y N
- Mouth breathing at night?..... Y N
- Excessive movements during sleep?..... Y N
- Tired all the time?..... Y N
- Difficulty staying awake while driving?..... Y N
- Narcolepsy (falling asleep involuntarily during the day)?..... Y N
- Difficulty staying awake during the day?..... Y N
- Sudden awakening with heart pounding?..... Y N
- Do you wake up gasping for air?..... Y N
- Do you frequently wake up with a headache?..... Y N
- Do you dream nightly?..... Y N
- Any reported periods when you stop breathing at night? "APNEA"..... Y N

