

SLEEP APNEA/ SNORING/OTHER SERVICES

We all know the value of a good night's sleep. Now we are beginning to learn that it can be a matter of life or death for some of us. Sleep Apnea is a life-threatening disease that occurs during sleep when the patient has very low or no oxygen reaching his/her lungs due to airway breakage.

Many people who have Sleep Apnea also snore. Although they are commonly associated together, some patients need only to be treated for snoring. Even patients who don't snore may have Sleep Apnea, and a simple test can diagnose the condition. Dr. Bahu treats both Sleep Apnea and snoring. Thank you for taking a few minutes to rate yourself from 0-3 on the likelihood of "dozing off" in the situations listed below:

0 = Never dose of sleep **1** = Slight chance **2** = Moderate chance **3** = High chance

| Chance of Dozing | Situation | Chance of Dozing | Situation |
|-----------------------------|------------------------------------|-----------------------------|--|
| ----- | Sitting and Reading | ----- | Sitting and talking to someone |
| ----- | Watching TV | ----- | Sitting quietly after lunch (No alcohol) |
| ----- | Sitting inactive in a public place | ----- | Stopped for a few minutes in traffic while driving |
| ----- | Lying down in the afternoon | ----- | Being a passenger in a motor vehicle for an hour or more |

Total Score: _____ **Name:** _____ **Date:** _____

Would you like to know more information on the sleep apnea and/or anti-snoring appliances Dr. Bahu prescribes?

YES

No

Please let us know if there is anyone you would like to refer for a Sleep Apnea screening. You may help save someone's life or at least help them get a good night's sleep!

Name and contact information of patient you wish to refer:

Here are a few additional services offered by Dr. Bahu. Please let us know if you would like to learn more about any of the following:

- Wrinkle and TMJ treatments using Botox
- Invisalign Clear Braces
- In-Office Whitening/ Take Home Whitening Trays