

# Screening Checklist for Pediatric Sleep Disordered Breathing

## I. Signs and Symptoms

- Snoring
- Gasping for breath while asleep
- Hard to wake up in the morning
- Poor grades in school
- ADHD or Depression
- Bed Wetting
- PSQ score  $\geq 8$
  
- Chronic stuffy nose
- Bruxism
- Migraines
- Suborbital pooling – aka “shiners”

## II. Family & Social History

- Family history of OSA
- Ethnic decent
- Indoor pets
- Lives with a smoker
- Recreation screen time  $>3\text{hr} / \text{day}$
- $>1$  soda or energy drink / day

## III. Medical History

- Asthma
- Allergies
  - Environment (i.e. dust, pollen)
  - Food (i.e. gluten, dairy)
- Eczema
- Celiac
- Acid Reflux
- Pre-term birth ( $<36\text{wks}$ )
- Overweight

## IV. Craniofacial Findings

- Long, narrow face
- Narrow maxilla
- Anterior open-bite
- Protrusive Incisors
- Class II malocclusion
- Poor chin-throat definition
- Midface deficient / flat cheeks
- Edge-to-edge incisors

## V. Evidence of Obstruction

- Mallampati  $\geq 3$
- Palatine tonsil hypertrophy
- Turbinate hypertrophy
- Adenoid hypertrophy
- Lingual tonsil hypertrophy
- Septum deviation
- Concha bulosa
- Oropharynx narrow

