

Patient Name: _____, _____ DOB: ____ / ____ / ____ Date: ____ / ____ / ____

SLEEP DISORDER COMORBIDITY FORM

(answers left blank will be considered as "NO" or "Not Applicable")

Do you have any kind of LUNG or AIRWAY problem?

If yes, then please specify

Some examples:

COPD

Emphysema

Chronic bronchitis

Pulmonary hypertension

Bronchiectasis

Cystic fibrosis

Any kind of hemoglobin problem (like sickle cell disease)

Do you have any kind of HEART FAILURE?

Some examples:

Low "ejection fraction" on an echo (ultrasound of the heart)

CHF (congestive heart failure)

Systolic heart failure

HFrEF (heart failure with reduced ejection fraction)

Diastolic heart failure

HFpEF (heart failure with preserved ejection fraction)

If you DO have any kind of heart failure, how much activity makes you short of breath or fatigued:

Exercise?

Walking more than 300 feet?

Walking less than 300 feet?

Sitting still?

Do you have any difficulty breathing when laying down flat on your back (while awake)?

Unusual swelling around your ankles?

Unexpected weight gain from retaining fluid?

Do you have any kind of HYPOVENTILATION problem?

Do you regularly take any kind of opiate/opioid pain medication?

Some examples:

Hydrocodone

Oxycodone

Hydromorphone

Morphine

Do you have an underactive thyroid (hypothyroidism) that is not well treated?

How many alcoholic drinks do you regularly have in the evening?

Do you have any chest wall disorder?

Do you have any neuromuscular disorder?

Some examples:

Muscular dystrophy

Multiple sclerosis

Myasthenia gravis

Charcot Marie Tooth

Post-polio

Diaphragm paralysis

Head or spinal cord injury

Significant scoliosis

Do you regularly take any kind of sleeping medication?

Do you take any benzodiazepine (perhaps for anxiety) in the evening on a regular basis?

Some examples:

Xanax or alprazolam

Klonopin or clonazepam

Restoril or temazepam

Do you take any kind of muscle relaxer in the evening on a regular basis?

Some examples:

Flexeril or cyclobenzaprine

Soma or carisoprodol

Skelaxin or metaxalone

If you were to exercise substantially, would you become short of breath?

Do you have swelling around your ankles?

Do you often wake up in the morning with a headache?

Do you have chest tightness?

Is it often difficult for you to think clearly?

Do you have any cardiac arrhythmia (abnormal heart rhythm)?

Do you have polycythemia (high number of red blood cells)?

Do you have any kind of **CENTRAL SLEEP APNEA**?

(Note that CENTRAL sleep apnea is not OBSTRUCTIVE sleep apnea)

(CENTRAL sleep apnea is when the brain fails to send signals to the diaphragm & lungs to breathe)

Do you have heart failure?

Atrial fibrillation?

Atrial flutter?

Cheyne-stokes breathing pattern?

Have you ever had a stroke?

Do you have any neurological condition?

Do you have arnold chiari syndrome?

Do you have any condition in the "brainstem" area?

Do you regularly take any opiate/opioid pain medication?

Do you NOT snore?

Do you ever have an unusual breathing pattern WHILE AWAKE?

Has a bed partner ever noticed you having any breathing issues WHILE ASLEEP?

Do you have trouble falling asleep within 30 minutes on a regular basis?

Do you have trouble falling BACK asleep within 30 minutes (after you've awoken) on a regular basis?

Do you frequently have neck pain, dizziness, and headache?

Do you frequently get a headache from laughing or coughing or exerting yourself?

Do you have unusual weight loss or night sweats?

Do you have fevers (measured with a thermometer) without having a good reason for the fever (like the flu or a stomach bug infection)?

Do you have PERIODIC LIMB MOVEMENT DISORDER?

Has a bed partner ever said you are a restless sleeper (or move around a lot while asleep)?

Do you find your bedsheets in disarray when you wake up?

INSOMNIA:

Do you have trouble falling asleep within 30 minutes on a regular basis?

Do you have trouble falling BACK asleep within 30 minutes (after you've awoken) on a regular basis?

If so, do these things happen to you at least 3 nights per week?

Has this been going on for more than 3 months?

Do you have significant NASAL CONGESTION from any of the following:

Allergic rhinitis ("allergies")

Nasal polyps

Deviated nasal septum

Other reasons

REM PARASOMNIA:

Do you frequently have nightmares?

Do you sometimes have episodes of waking up and being unable to move or speak for a short period of time?

Has a bed partner ever thought you were "acting out your dreams" because of the movements you were performing while asleep?

NON-REM PARASOMNIA:

Do you sometimes do "sleepwalking" (as an adult, not as a child)?

Do you think you have ever eaten anything or tried to prepare food while sleepwalking?

Do you sometimes lose your urine while asleep in bed?

Do you ever see dream imagery while you are still awake, but in the process of falling asleep?

Do you ever see dream imagery while you are in the process of waking up from sleep?

Has a bed partner ever said you sometimes wake up confused, then fall back asleep, but you don't remember it the next day?

Do you ever jump out of bed with severe anxiety and shouting (which you don't remember the next day) and during which family members find it hard to console you, and even find it hard to wake you up (or "shake you out of it")?

If any of the events in the above NON-REM PARASOMNIA section (starting with "sleepwalking as an adult") have happened to you, did they occur in the first one-third of the night (in the first 2-3 hours of you being asleep)?

Do you have any **NEUROMUSCULAR DISORDER**?

Have you ever had any kind of **SIGNIFICANT HEAD INJURY** or **SPINAL CORD INJURY**?

Currently how likely are you to doze (or even fall asleep) at these times:

0 = never 1 = slight chance 2 = moderate chance 3 = regularly

- ☐ sitting & reading
- ☐ sitting & watching TV
- ☐ sitting & talking to someone
- ☐ sitting quietly after lunch (without alcohol)
- ☐ sitting inactive in a public place (like a theater)
- ☐ lying down to rest in the afternoon
- ☐ being passenger in a car for an hour without a break
- ☐ driving in a car, while stopped for a few minutes in traffic

Do you **SNORE**?

Are you **TIRED** often?

Has anyone **OBSERVED** you having breathing issues while asleep?

Do you have high blood **PRESSURE**?

Is your **BMI** 35 or higher? (Dr. Cynar will help you figure this out)

Is your **AGE** 50 years or older?

Is your **NECK** circumference 40 centimeters or greater? (Dr. Cynar will help)

Is your **GENDER** male?

During each 24 hour cycle, do you typically always sleep during *the same time period or same "time block"* (such as the time block from 11.00 pm until 7.00 am)?

In general, how many total hours of sleep do you get each night?

In general, how many hours do you nap each day?

Have you ever had a car accident (or "near miss") from briefly dozing off while driving?
Have you ever fallen asleep driving?

Do you ever experience genuine paralysis (*a complete loss of muscle strength*) anywhere in your body (face, neck, knees, or anywhere else) -- AND that genuine paralysis seems to be **triggered by sudden emotion** (like laughter, surprise, or anger) or when hearing a joke or telling a joke?

This loss of muscle strength may be subtle, and others may be aware of it even if you are not;
HERE ARE SOME EXAMPLES:

Loss of strength in your head or neck -- resulting in some head drop;

Loss of strength in your face or jaw -- resulting in sagging of your face or jaw, or eyelid drooping, or loss of facial expression, or even difficulty speaking clearly;

Loss of strength in your knees or legs -- resulting in a gradual fall.

Have you ever woken up but found yourself unable to move or speak?
If so, how many times?

Do your arms or legs move around (by themselves, unintentionally) while you are asleep?

For many years have you consistently (nearly every night) had trouble falling asleep before midnight or even before 6.00 am?

For years have you consistently (nearly every night) had trouble staying awake past 8.00 pm?
If so, at what age did this begin?

Do you have (or have you had in the past) any of the below listed conditions:

Heart attack

Stroke or TIA (mini-stroke)

Atrial fibrillation or other cardiac arrhythmia (abnormal heart rhythm)

CHF (congestive heart failure)

Cor pulmonale (right sided heart failure)

Hypertension or Pulmonary hypertension (high blood pressure in the lungs specifically)

Diabetes

OSA (Obstructive Sleep Apnea)?

If so, do you use CPAP to treat it? If so, what is the CPAP pressure setting?

When was your last sleep study? Over 5 years ago?

