

## SNORING HISTORY

How old are you? \_\_\_\_\_

At what age did you begin snoring? \_\_\_\_\_ At what age did your snoring become a problem? \_\_\_\_\_

How much did you weigh 5 years ago? \_\_\_\_\_ 10 years ago? \_\_\_\_\_ As a teenager? \_\_\_\_\_

How tall are you? \_\_\_\_\_ feet \_\_\_\_\_ inches

What is your neck size (circumference)? \_\_\_\_\_ inches

Who complains about your snoring? \_\_\_\_\_

How do people describe your snoring? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Have you been told that you stop breathing while you sleep? \_\_\_\_\_

Are you a "restless" sleeper? \_\_\_\_\_

What time do you usually go to bed? \_\_\_\_\_

What time do you usually fall asleep? \_\_\_\_\_

What time do you usually wake up? \_\_\_\_\_ Average number of hours of sleep per night: \_\_\_\_\_

Do you wake up feeling refreshed? \_\_\_\_\_

Do you have headaches in the morning? \_\_\_\_\_

How is snoring affecting your quality of life? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How many nights per week do you sleep apart from your partner for all or part of the night because of your snoring? \_\_\_\_\_

How long have you slept apart because of your snoring? \_\_\_\_\_

Does anyone in your family have sleep apnea? \_\_\_\_\_