

Do you snore, grind, or wake up tired?

Snoring and teeth grinding are often linked to obstructive sleep apnoea – a condition where the airway repeatedly narrows during sleep. Use this quick self-screen, then bring it to your appointment so we can talk through the next steps.

Do you snore?

YES / NO

Are you tired during the day?

YES / NO

TICK ANY THAT APPLY

- Loud or habitual snoring
- Waking unrefreshed, even after a full night's sleep
- Excessive daytime sleepiness, or dozing off when sitting still
- Morning headaches
- Poor concentration, memory or mood changes
- A partner has noticed you gasp, choke or stop breathing in your sleep
- Grinding or clenching your teeth at night
- Waking frequently through the night, including to use the bathroom

Snoring, tired, or ticked any boxes? Talk to us. We can run a more detailed questionnaire, help you arrange a sleep study, and – if mild to moderate sleep apnoea is confirmed – discuss a mandibular advancement splint as a comfortable alternative to CPAP.

This is a screening guide only and is not a diagnosis. Obstructive sleep apnoea is diagnosed by a sleep physician, usually following a sleep study. Please discuss your results with your dentist, GP or other healthcare professional. Ask our team about the full Epworth Sleepiness Scale questionnaire.