

# Take the Test!!

## THE EPWORTH SLEEPINESS SCALE (To assess risk of Obstructive Sleep Apnea)

Use the following scale to choose the most appropriate number for each situation:-

- 0 = would never doze
- 1 = Slight chance of dozing
- 2 = Moderate chance of dozing
- 3 = High chance of dozing

Situation	Chance of dozing
Sitting and reading .....	<input type="checkbox"/>
Watching TV .....	<input type="checkbox"/>
Sitting, inactive in a public place (e.g. a theatre or a meeting) .....	<input type="checkbox"/>
As a passenger in a car for an hour without a break .....	<input type="checkbox"/>
Lying down to rest in the afternoon when circumstances permit .....	<input type="checkbox"/>
Sitting and talking to someone .....	<input type="checkbox"/>
Sitting quietly after a lunch without alcohol .....	<input type="checkbox"/>
In a car, while stopped for a few minutes in the traffic .....	<input type="checkbox"/>
<b>Total</b> .....	<input type="checkbox"/>

Score:
0-10 Normal range
10-12 Borderline
12-24 Abnormal

### STOP-Bang Scoring Model

Patient Name: \_\_\_\_\_  
 Health Card Number: \_\_\_\_\_  
 Date: \_\_\_\_\_  
 Completed by: \_\_\_\_\_

1. <b>Snoring</b> Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. <b>Tired</b> Do you often feel tired, fatigued, or sleepy during daytime?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. <b>Observed</b> Has anyone observed you stop breathing during your sleep?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. <b>Blood Pressure</b> Do you have or are you being treated for high blood pressure?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. <b>BMI</b> Is your BMI more than 35 kg/m <sup>2</sup> ?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. <b>Age</b> Is your age over 50 years old?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. <b>Neck Circumference</b> Is your neck circumference greater than 40 cm?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8. <b>Gender</b> Is your gender male?	<input type="checkbox"/> Yes <input type="checkbox"/> No
High risk of Sleep Apnea if YES answered to 3 or more questions	<input type="checkbox"/>
Low risk of Sleep Apnea if YES answered to less than 3 questions	<input type="checkbox"/>



## References:

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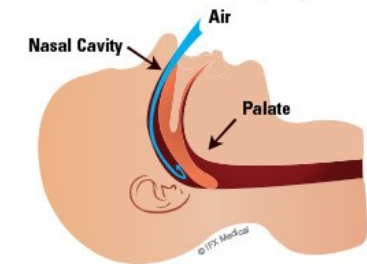
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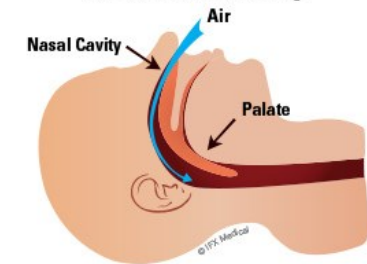
# Sleep Apnea and the Dental Office

*I Can't Breathe!!*

## Obstructive Sleep Apnea



## Normal Airway



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## What is Obstructive Sleep Apnea (OSA)?

Apnea means "cessation of breath."

OSA occurs when there are repeated episodes of complete or partial blockage of the upper airway during sleep.

These episodes can interfere with sound sleep. They can also reduce the flow of oxygen to vital organs and cause irregular heart rhythms. It's a serious condition that affects an estimated 1 in every 15 people in America.

### Treatment

#### CPAP

A machine that increases air pressure in the throat.



Ensures airway doesn't collapse when breathing in.

#### Oral application therapy

Repositioning the lower jaw, tongue, soft palate and uvula.



Increases the muscle tone of tongue.

Oral appliances are made through "specialized" dental offices.

### Surgery

Different types of surgeries focus on removing the part that is affecting the airway: part of tongue, uvula, soft palate, tonsils, base of tongue, etc...

Craniofacial surgery - breaking and repositioning the upper and lower jaws to create a larger airway.



### Symptoms

- Snoring, usually loud habitual and bothersome to others
- Choking sensation that arouses the person from sleep
- Insomnia, restless sleep with frequent arousals and tossing and turning at night
- Waking up tired as if you never slept
- Morning headache, dry or sore throat
- Daytime fatigue/tiredness
- Hypertension

### Diseases affected by OSA

- Diabetes
- High blood pressure
- Arrhythmia (irregular heart beats)

- Stroke
- Heart failure
- Memory problems
- Depression
- Anxiety
- Gastroesophageal reflux disease (GERD) is also among possible complications of untreated sleep apnea.

### Role of the Dental Hygienist

Dental hygienists see patients frequently and routinely, so they are often the first to observe variation in the oral cavity.

#### Dental hygiene assessments:

Reviews patient's medical history.

Dental hygienists can ask questions about sleep habits.

Inspects patient's airway.

Observes irritation of oral tissues (snoring produces dryness).

Dental hygienists can educate the patient about the importance of diagnosing and treating OSA.

Refers patient to a specialist/sleep center

