



4. BED PARTNER QUESTIONNAIRE

To be completed by the Patient’s Bed Partner, ***without*** input from the Patient. Bed partner observations are particularly useful in the diagnosis of Sleep Disordered Breathing. If possible, the Bed Partner should be present at the consultation appointment as well.

Patient’s Name: _____ Date: _____

Bed Partner’s Name: _____ Relationship to Patient: _____

I have observed the patient’s sleep: Occasionally Often Nightly

Check any of the following behaviors that you have observed this patient doing while asleep. **Circle** those that you consider frequent or severe problems for this patient.

<input type="checkbox"/> Light Snoring <input type="checkbox"/> Loud Snoring <input type="checkbox"/> Loud Snorting <input type="checkbox"/> Pauses in Breathing <input type="checkbox"/> Chocking or Gasping for Breath <input type="checkbox"/> Twitching or Trashing of legs or feet <input type="checkbox"/> Twitching or Trashing arms <input type="checkbox"/> Grinding Teeth <input type="checkbox"/> Bed Wetting <input type="checkbox"/> Other	<input type="checkbox"/> Restless Sleeper <input type="checkbox"/> Sleep Talking <input type="checkbox"/> Sleep Walking <input type="checkbox"/> Sitting up in Bed while still asleep <input type="checkbox"/> Head Rocking or Banging <input type="checkbox"/> Becoming rigid and/or Shaking <input type="checkbox"/> Biting Tongue <input type="checkbox"/> Awakening with a Headache <input type="checkbox"/> Acting out Dreams <input type="checkbox"/> Difficulty arising in the Morning
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If patient is a snorer, what makes the snoring worse?

Sleeping on back Sleeping on Side Alcohol Fatigue Other _____

Does snoring require you and your partner to sleep separately?

Yes Often Occasionally
 No

As an observer, using the scale below, please rate the chances of dozing in any of the following situations
 0 = Would never doze 1 = Slight chance of dozing 2 = Moderate chance of dozing 3 = High chance of dozing

<u>Situation</u>	<u>Chance of Dozing</u>
Sitting & Reading	_____
Watching TV	_____
Sitting in a public place (i.e. Theater)	_____
As a passenger in a car for over an hour- no break	_____
Lying down to rest in the afternoon	_____
Sitting & talking to someone	_____
Sitting quietly at lunch without alcohol	_____
In a car while stopping for a few minutes in traffic	_____
TOTAL	_____