

# LAMBERG QUESTIONNAIRE Version 6.0

## Correlating Sleep Quality & Health

### 1: STANDARD QUESTIONS

- Do you awaken unrefreshed or feel sleepy during the day due to restless sleep?
- Is your snoring loud enough to disturb others?
- Have you been aware of your snoring for a long time?
- Have you been told your breathing stops while asleep?
- Do you ever wake yourself from sleep feeling that you are choking?
- Have you ever had a sleep study?
- Have you tried CPAP? (was the pressure > 10.5 cm? Y/N)
- Is your BMI > 27? Or is your neck size > 17 men, or > 15.5 women?

### 2: CARDIOLOGY & VASCULAR

- Do you have high blood pressure or take medicine for hypertension?
- Have you been diagnosed with: CAD, Stroke, Congestive Heart Failure, A Fib, or other health issues?
- Do you have a pacemaker?
- Do you have elevated total cholesterol levels?

### 3: PULMONOLOGY

- Have you experienced difficulty breathing during the day?
- Do you have shortness of breath, even with mild exertion?
- Have you been diagnosed with COPD or Asthma? Is Asthma worse at night?
- Do you have a chronic cough, either dry or productive?

### 4: GASTROENTEROLOGY

- Do you experience heartburn or acid reflux at night or in the morning?
- Have you or your dentist noticed erosion on molars?
- Do you take heartburn medications, either prescription or over the counter?

### 5: NEUROLOGY

- Do you experience numbness, tingling or pain in your feet or hands or head?
- Do you ever experience muscle weakness or dizziness or difficulty with coordination?

### 6: ENDOCRINOLOGY

- Have you been diagnosed with diabetes or hypothyroidism?
- Have you unexpectedly gained or lost weight lately?
- Have you gone through menopause? Are you on HRT?
- Do you experience repetitive limb movements or jerks in sleep, urges to move legs, or night sweats?

### 7: OTOLARYNGOLOGY

- Do you have difficulty breathing through your nose?

- Do you experience a dry mouth upon awakening?
- Do you have allergies that make nasal breathing difficult?
- Is post nasal drip a frequent problem?

### 8: UROLOGY

- Do you experience erectile dysfunction?
- Experience decreased interest in sex or have you taken medications to enhance sexual performance?
- Do you ever leak urine involuntarily?
- Do you have to urinate several times at night, or have you been diagnosed with BPH?

### 9: DENTAL (BRUXISM, TMD, PERIODONTICS, ORTHODONTICS)

- Do you grind your teeth while sleeping? Do your front teeth have a worn look?
- Have you had jaw muscles or joint pain, ringing in your ears, vertigo, or dizziness?
- Have you been diagnosed with periodontitis (gum disease)?
- Are your teeth very crowded or crooked?

### 10: PSYCHOLOGY & PSYCHIATRY

- Are you irritable upon waking in the morning?
- Do you experience insomnia? (either falling asleep or maintaining sleep)
- Do you experience: depression, PTSD, memory or concentration problems?
- Do you take medications for any of these conditions?

### 11: RHEUMATOLOGY

- Have you ever been diagnosed with Gout?
- Have you ever been diagnosed with Rheumatoid Arthritis?

### 12: CHRONIC PAIN

- Do you often wake up with headaches or have chronic headaches?
- Do you experience any chronic pain anywhere in your body?
- Do you take medications for pain on a daily basis?

### 13: PEDIATRICS (EXCLUDE FROM SCORING)

- Do you know any children who are mouth breathers, or who make any sleep breathing sounds?
- Do you know any children with bedwetting problems?

**TOTAL SCORE:** \_\_\_\_\_

**Suspicion Level (Items Checked):**

**1 LOW 2-3 MODERATE 4+ HIGH**

Name: \_\_\_\_\_

Date: \_\_\_\_\_