

## ***Sleep Clinical Record***

DATE:

### ***Patient***

Date of birth \_\_\_\_\_

Age (years) \_\_\_\_\_ Weight (Kg) \_\_\_\_\_ Height (Cm) \_\_\_\_\_

BMI (Kg/h) \_\_\_\_\_ percentile BMI \_\_\_\_\_

Age at symptom onset (years): \_\_\_\_\_ Duration of disease (years): \_\_\_\_\_

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

### ***NOSE***

1) Septum nose deviation: YES/NO

2) Nasal cartilage hypotonia (see figure below): YES/NO

3) Orbicular muscle hypotonia (see figure below): YES/NO

4) Nasal airway patency: YES/NO

Perform the “sniff test”: obstruction of nasal airflow is based on physical examination by audible nasal congestion as a patient inhales forcibly 4 times through the right and left nostril, while the clinician compresses the contralateral nostril.

5) Habitual nose obstruction: Has your child an history of stuffy nose over the last 3 months, for 3 or more days per week?: YES/NO



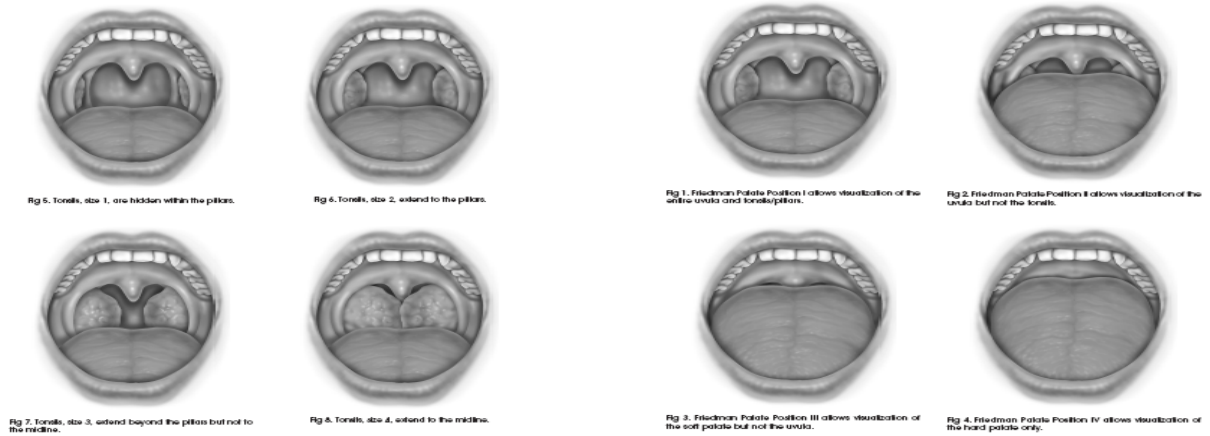
# OROPHARYNX

## TONSILLAR SIZE

I-II: no tonsillar hypertrophy  
 III-IV: yes tonsillar hypertrophy

## FRIEDMAN PALATE POSITION

I-II: no, III-IV: yes



# DENTAL / SKELETAL OCCLUSION

## 1. ANGLE CLASS

- I class (normal occlusion)
- II class (Retrognathic)
- III class (Prognathic)

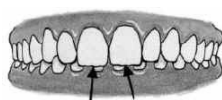


## 2. BITE

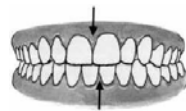
OPEN-BITE



DEEP-BITE



CROSS-BITE



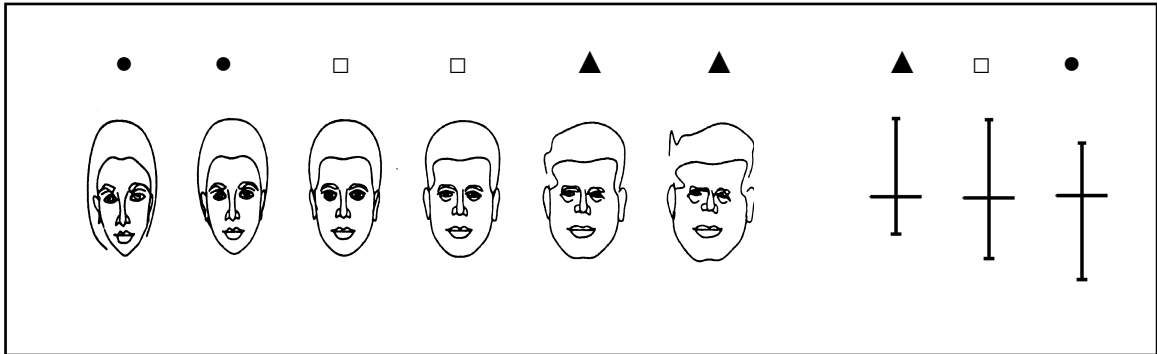
## 3. OVERJET



## 4. NARROW PALATE YES/NO

***PHENOTYPE***

- adenoid phenotype: score 1
- normal: score 0
- ▲ adult type: score 1



**Brouillette \*\* (AMERICAN ACADEMY OF PEDIATRICS Technical Report: Diagnosis and Management of Childhood Obstructive Sleep Apnea Syndrome, Pediatrics 2002)**

- **A** witnessed apneic episodes (0=NO; 1=YES);
- **S** habitual snoring (0=NEVER or OCCASIONALLY; 1=OFTEN or ALWAYS)
- **D** frequent awakenings or agitated sleep (0=NEVER; 1=OCCASIONALLY; 2=OFTEN; 3=ALWAYS)

**1.42D +1.41A+0.71S-3.83=.....**

**negative: if <-1**

**positive: ≥-1 e ≤ 2.55**

**SLEEP CLINICAL SCORE:**

	0	1
ORAL BREATHING: Nasal cartilage hypotonia, muscles hypotonia	no	At least one yes
NASAL OBSTRUCTION: Nostril patency and habitual nose obstruction	no	At least one yes
	0	2
SEPTUM NOSE DEVIATION	no	Yes
TONSILLAR HYPETROPHY	no	Yes
DENTAL / SKELETAL MALOCCLUSIONs (Angle Class II, III; open-, deep-, cross-bite; overjet)	no	One or more maloccusions
FRIEDMANN PALATE POSITION	no	Yes
NARROW PALATE	no	Yes
PHENOTYPE	no	Yes
	0	0.5
<sup>1</sup> Other neurological symptoms (limb movements, EEG paroxysmal activity, daytime somnolence, headache, enuresis, nocturnal choking) and or positive ADHD rating scale	no	Yes
BROUILLETTE SCORE	negative	Positive
<b>TOTAL SCORE</b>		
<sup>1</sup> Daytime somnolence, enuresis and nocturnal choking according to International Classification of Sleep Disorders (2005) <sup>1</sup> Headache: migraine or tension-type haedeache according to International Headache Society classification (2004). <sup>1</sup> Limb movements: they are suspected when parents answer YES to one of the following questions with a frequency of one or more times per week: Does your child describe restlessness of the legs when in bed? Does your child have ‘growing pains’ that are worst in bed? At night, does your child usually get out of bed (for any reason)? Does your child wake up more than twice a night on average? Does your child wake up feeling unrefreshed in the morning? Does your child wake up with headaches in the morning? <sup>1</sup> EEG paroxysmal activity: presence of spikes and/or sharp waves, either alone or accompanied by slow waves, occurring isolated or in bursts		

**SCS (sleep clinical score):** 2\*oral breathing + 2\*nasal obstruction + 2\*septum nose deviation + 2\* tonsillar hypertrophy + 2\*Friedman palate position (III-IV) + 2\*dental/skeletal malocclusion + 2\*narrow palate + 2\*phenotype + 0.5\*Brouillette score (positive/negative) + 0.5\* other neurological symptoms + hyperactivity/attention deficit

**Score 1:** oral breathing + nasal obstruction + septum nose deviation + tonsillar hypertrophy + Friedman palate position (III-IV) + dental/skeletal malocclusion + narrow palate + phenotype + Brouillette score (positive/negative) + other neurological symptoms + hyperactivity/attention deficit

**Score 2:** 2\*oral breathing + 2\* nasal obstruction + 2\*septum nose deviation + 2\*tonsillar hypertrophy + Friedman palate position (III-IV) + dental/skeletal malocclusion + narrow palate + phenotype + 0.5\* Brouillette score (positive/negative) + 0.5\* other neurological symptoms + hyperactivity/attention deficit

**Score 3:** oral breathing + nasal obstruction + septum nose deviation + tonsillar hypertrophy + 2\*Friedman palate position (III-IV) + 2\*dental/skeletal malocclusion + 2\*narrow palate + 2\*phenotype + 0.5\*Brouillette score (positive/negative) + 0.5\*other neurological symptoms + hyperactivity/attention deficit

**Score 4:** 2\*oral breathing + 0.5\*nasal obstruction + septum nose deviation + 2\* tonsillar hypertrophy + 2\* Friedman palate position (III-IV) + 2\* dental/skeletal malocclusion + 0.5\* narrow palate + phenotype + Brouillette score (positive/negative) + 0.5\*other neurological symptoms + hyperactivity/attention deficit

**Score 5:** oral breathing + 0.5\*nasal obstruction + septum nose deviation + tonsillar hypertrophy + Friedman palate position (III-IV) + dental/skeletal malocclusion + 0.5\*narrow palate + 0.5\*phenotype + 2\*Brouillette score (positive/negative) + 2\*other neurological symptoms + 2\* hyperactivity/attention deficit

**Score 6:** 2\*oral breathing + 2\*nasal obstruction + 2\*septum nose deviation + 2\* tonsillar hypertrophy + 2\*Friedman palate position (III-IV) + 2\*dental/skeletal malocclusion + 2\*narrow palate + 2\*phenotype + 0.5\*Brouillette score (positive/negative) + 0.5\* other neurological symptoms + hyperactivity/attention deficit + obesity