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Sound Sleep cannot be achieved without excellent to outstanding nasal breathing. To learn more about how your nose functions day and night and to learn about your own efforts to improve nasal breathing, please mark the appropriate square matching your answer for each of the following questions.

Part I: Nasal Allergies & Congestion	Never or N/A	Rarely	Occasionally	Frequently	Always or Every Day
My nose is congested, stuffy, or runny during the day					
My nose is congested, stuffy, or runny at bedtime					
I wake up at night with a congested, stuffy or runny nose					
I wake up in the morning with a congested, stuffy or runny nose					
Congestion, stuffiness or a runny nose disrupts my sleep					
I suffer from allergies year round					
My allergies are poorly controlled					
I use non-prescription nasal sprays to treat my allergies					
I use prescribed nasal steroid sprays to treat my allergies					
I use antihistamines to treat my allergies					
I consistently treat my congestion, stuffiness or runny nose					
I use nasal saline washes for my congestion, stuffiness or runny nose					
I take steam showers at bedtime to clear my nasal passages					
I breathe through my mouth because of blockages in my nose					
Keeping my nasal passages clear helps me sleep better					
I have used nasal strips at bedtime to keep my nose open					
My allergy treatments work very well					
Changes in temperature stuff up or make my nose run					
CHANGES IN WEATHER STUFF UP OR MAKE MY NOSE RUN					
Wind blowing in my face stuffs up or makes my nose run					
My nasal symptoms could interfere with treatment of my sleep problems					

Part II: Airway Anatomy	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
My nose has a deviated septum					
I can breathe through both nostrils about the same					
Sinus problems worsen my nasal breathing					
My tonsils are enlarged					
I might need surgery on my nose or tonsils to breathe better					
My tonsils have been removed					
I have had surgery on my nose					
I have broken my nose in the past					
I mouth breathe during sleep					