

CHILD AIRWAY DISORDER ASSESSMENT FOR PARENTS

| Traits and Signs | | Never | Rarely | Occasionally | Often | Always |
|--------------------------------|--|-------|--------|--------------|-------|--------|
| When asleep, what do you hear? | Appears to hold breath or stop breathing | | | | | |
| | Gasps for air | | | | | |
| | Snores | | | | | |
| | Wakes with a startle or gasp | | | | | |
| | Makes choking sounds | | | | | |
| | Exhibits short, fast breathing | | | | | |
| | Audible or loud breathing | | | | | |
| | Grinds Teeth | | | | | |
| When asleep, what do you see? | Working hard to breathe | | | | | |
| | Has their body in odd positions | | | | | |
| | Has their head extended backward | | | | | |
| | Appears to be 'breath-holding' | | | | | |
| | Sweats | | | | | |
| | Wakes sitting up in bed | | | | | |
| | Tosses and turns or has fidgety legs | | | | | |
| | Breathes with an open mouth | | | | | |
| | Drools on the pillow | | | | | |
| When asleep, what happens? | Has nightmares | | | | | |
| | Very light sleeper / easily roused | | | | | |
| | Walks or talks in sleep | | | | | |
| | Thrashes about and is restless | | | | | |
| | Wets the bed frequently | | | | | |
| | Sleeps in unusual positions | | | | | |
| | Has a string of saliva on shoulder or pillow | | | | | |
| When waking, what happens? | Frequently has morning headaches | | | | | |
| | Has to be woken up and wakes up slowly | | | | | |
| | Is groggy and looks tired | | | | | |
| | Wakes up tangled in bedding | | | | | |
| | Is tired all day, despite sleeping several hours | | | | | |
| | Avoids physical activity | | | | | |
| | Has a poor morning appetite | | | | | |