

# Bed Partner Quiz

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Does your partner?

Stop breathing while sleeping

- Yes
- No

Gasp while sleeping

- Yes
- No

Tend to fall asleep during the day

- Yes

\_\_\_ Snores on back, left side, right side (circle)

- No

\_\_\_ Snores with mouth open, with mouth closed,

Snoring is more nasal

\_\_\_ Snoring is more of a loud mouth breathing than a noisy snore.

Snore loudly and disruptively while sleeping

- Yes
- No

Grind or clench their teeth while sleeping

- Yes
- No

Toss and turn while sleeping

- Yes
- No

**If you answered yes to any of these questions, your bed partner would benefit from a screening for sleep apnea! Call us today to schedule an appointment!**