

Self-Assessment for Airway Dysfunction



Root Cause Resolutions
Dental + Medical Integration

If you answer yes to any of the listed symptoms, you could have an airway resistance disorder, such as obstructive sleep apnea (OSA) or upper airway resistance (UAR). Further evaluation by a trained myofunctional therapist is recommended for individualized care.

Referral to additional support providers is often necessary, such as an orthodontist, ENT, chiropractor, craniosacral therapist, nutritionist, and more.

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| ☐ Mouth breathing | ☐ Acid reflux |
| ☐ Snoring | ☐ IBS or chronic GI issues |
| ☐ ADHD | ☐ Fatigue |
| ☐ Anxiety & depression | ☐ Crowded teeth |
| ☐ Chronically enlarged tonsils | ☐ Speech issues |
| ☐ Frequent nighttime urination | ☐ High cavity rate |
| ☐ Restless sleep | ☐ Orthodontic relapse (i.e. braces needed more than once) |
| ☐ Dry mouth | ☐ Front or back teeth do not touch - tongue thrust |
| ☐ Clenching and/or grinding | ☐ Sensitive gag reflex |
| ☐ Scalloped tongue borders | ☐ Picky eating |
| ☐ Bedwetting | ☐ Jaw pain (TMJD) |
| ☐ Thumb/digit sucking | ☐ Ear fullness or pain |
| ☐ Frequent ear infections and/or ear tubes | ☐ Difficulty swallowing (ex. pills or food) |
| ☐ Frequent illness | ☐ Sleep talking or sleepwalking |
| ☐ Chronic cough | ☐ Night terrors |
| ☐ Excessive daytime sleepiness | ☐ Sleep paralysis |
| ☐ Headaches | ☐ Drooling |
| ☐ Neck and/or shoulder tension | ☐ Unable to touch tip of tongue to top front teeth with mouth wide open |

For more information, visit www.rootcauseresolutionsllc.com

