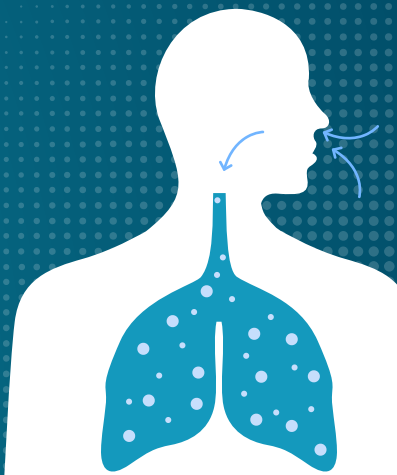


Airway Risk Analysis



Each of these is an independent red flag for sleep disordered breathing in children and adults.



1

Mouth breathing

Patient holds water (approx. 15ml) in mouth for 3 minutes.
Difficulty with nasal breathing?

☐

2

Mentalis strain

Struggling to keep lips together, showing creasing and dimpling on chin at rest?

☐

3

Tonsil Hypertrophy

Does the patient present with tonsil hypertrophy?
Check box for Grade 3-4

☐

Brodney Tonsil Scale



Grade 0
Tonsils are within the tonsillar fossa, or they have been removed.



Grade I
Tonsils occupy up to 25% of the oropharyngeal width.



Grade II
Tonsils occupy between 26% and 50% of the oropharyngeal width.



Grade III
Tonsils occupy between 51% and 75% of the oropharyngeal width.



Grade IV
Tonsils occupy more than 75% of the oropharyngeal width.

4

Tongue score

Patient to protrude tongue out of mouth as far as possible without speaking/phonation.
Assess for visualization of oral structures.
Check box for Class 3-4.

☐

Mallampati classification



Class 1
Soft palate, uvula, and tonsils are visible.



Class 2
Soft palate and uvula are visible, but the tonsils are hidden.

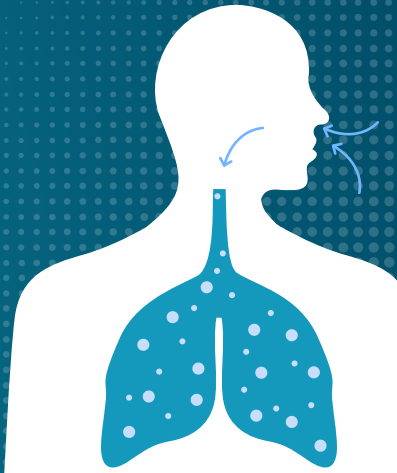


Class 3
Only the soft palate is visible, with the uvula being obscured.



Class 4
Nothing beyond the hard palate is visible.

Airway Risk Analysis



5

Tongue scalloping

Patient to swallow then stick out their tongue without pain or discomfort.
Assess for scalloped shapes along the edge of the tongue and spaces between mandibular incisors.

Does the patient present with tongue scalloping?

☐

6

Tongue palatal suction

Determine tongue space limitations by asking patient to suck tongue to the roof of their mouth and maintaining lingual palatal suction.

Check box if patient is unable to do so.

☐

7

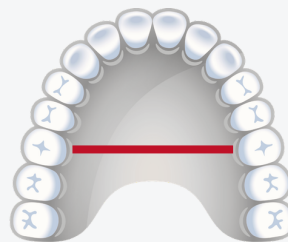
Maxillary width

Are there signs of dental crowding, high arch, and or narrow palate?

☐

Measuring maxillary intermolar distance in adults

Less than 32mm	severe
32-34mm	moderate
34-36mm	mild
36-38mm	average
38-42mm	above average

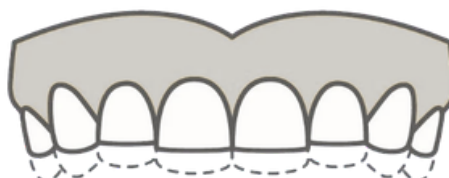


8

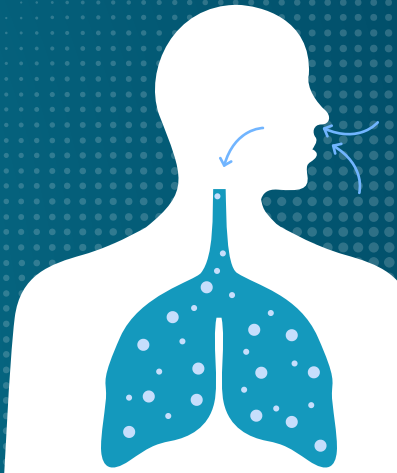
Tooth wear

Are there visible signs of dental wear?

- Less than 1mm: minimal
- 1-2mm: moderate
- More than 2mm: severe


☐

Airway Risk Analysis



9

Eyes

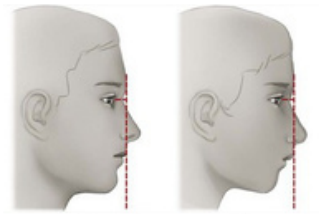
Does the patient have dark bags or circles under their eyes?

☐

10

Facial profile

Does the patient have a retruded maxilla/mandible in their facial profile?

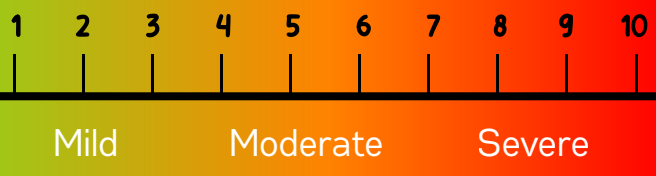
☐


SCORING TABLE

The scoring of this screening is equal to the sum of the number of exam findings present.

Number of red flags

Risk of sleep disturbance



number of increased risk

☐