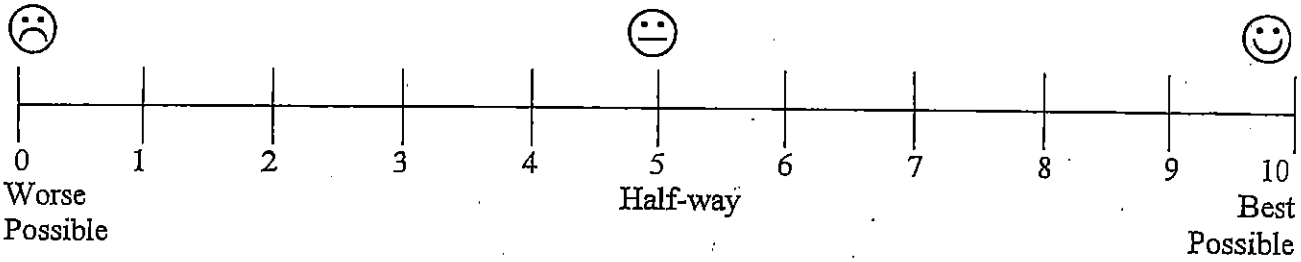
OSA-18 Quality of Life Survey[1]

Evaluation of Sleep-Disordered Breathing

Instructions: For each question below, please circle the number that best describes how often each symptom or problem has occurred during the past 4 weeks. Thank you!

	None of the time	Hardly any of the time	A little of the time	Some of the time	A good bit of the time	Most of the time	All of the time
SLEEP DISTURBANCE							
During the past 4 weeks, how often has your child had...							
...loud snoring?	1	2	3	4	5	6	7
...breath holding spells or pauses in breathing at night?	1	2	3	4	5	6	7
...choking or gasping sounds while asleep?	1	2	3	4	5	6	7
...restless sleep or frequent awakenings from sleep?	1	2	3	4	5	6	7
PHYSICAL SUFFERING							
During the past 4 weeks, how often has your child had...							
...mouth breathing because of nasal obstruction?	1	2	3	4	5	6	7
...frequent colds or upper respiratory infections?	1	2	3	4	5	6	7
...nasal discharge or runny nose?	1	2	3	4	5	6	7
...difficulty in swallowing foods?	1	2	3	4	5	6	7
EMOTIONAL DISTRESS							
During the past 4 weeks, how often has your child had...							
...mood swings or temper tantrums?	1	2	3	4	5	6	7
...aggressive or hyperactive behavior?	1	2	3	4	5	6	7
...discipline problems?	1	2	3	4	5	6	7
DAYTIME PROBLEMS							
During the past 4 weeks, how often has your child had...							
...excessive daytime drowsiness or sleepiness?	1	2	3	4	5	6	7
...poor attention span or concentration?	1	2	3	4	5	6	7
...difficulty getting out of bed in the morning?	1	2	3	4	5	6	7
CAREGIVER CONCERNS							
During the past 4 weeks, how often have the above problems...							
...caused you to worry about your child's general health?	1	2	3	4	5	6	7
...created concern that your child is not getting enough air?	1	2	3	4	5	6	7
...interfered with your ability to perform daily activities?	1	2	3	4	5	6	7
...made you frustrated?	1	2	3	4	5	6	7

OVERALL, HOW WOULD YOU RATE YOUR CHILD'S QUALITY OF LIFE AS A RESULT OF THE ABOVE PROBLEMS? (CIRCLE ONE NUMBER)



1. Sohn H, Rosenfeld RM. Evaluation of sleep-disordered breathing in children. *Otolaryngol Head Neck Surg.* Mar 2003;128(3):344-352.