Berlin questionnaire

Name:___________________________

Please answer the following questions to your best ability and submit to your primary care physician:

Category 1

1. **Do you snore?**
   - ❑ yes
   - ❑ No
   - ❑ Don't know

If you Snore:

2. **Your Snoring is?**
   - ❑ slightly louder than breathing
   - ❑ As loud as talking
   - ❑ Louder than talking
   - ❑ Very loud. Can be heard in neighboring rooms.
3. **How often do you snore?**
   - ❑ Nearly every day
   - ❑ 3-4 times a week
   - ❑ 1-2 times a week
   - ❑ 1-2 times a month
   - ❑ Rarely if ever
4. **Has your snoring ever bothered other people?**
   - ❑ Yes
   - ❑ No
5. **Has anyone noticed that you stop breathing when you are sleeping?**
   - ❑ Nearly every day
   - ❑ 3-4 times a week
   - ❑ 1-2 times a week
   - ❑ 1-2 times a month
   - ❑ Rarely if ever

Category 2

6. **How often do you feel tired or fatigued after your sleep?**
   - ❑ Nearly every day
   - ❑ 3-4 times a week
   - ❑ 1-2 times a week
   - ❑ 1-2 times a month
   - ❑ Rarely if ever
7. **During your wake time, do you feel tired, fatigued, or not as awake as you should be?**
   - ❑ Nearly every day
   - ❑ 3-4 times a week
   - ❑ 1-2 times a week
   - ❑ 1-2 times a month
   - ❑ Rarely if ever
8. **Have you ever nodded off or fallen asleep while driving a vehicle?**
   - ❑ Yes
   - ❑ No

   If yes, how often does it occur?
   - ❑ Nearly every day
   - ❑ 3-4 times a week
   - ❑ 1-2 times a week
   - ❑ 1-2 times a month
   - ❑ Rarely if ever

Category 3

9. **Do you have high blood pressure?**
   - ❑ yes
   - ❑ No
   - ❑ Don't know

Tip for adding your score: Any check mark by a black highlighted answer is called a positive response.

Score your categories:

❑	Check here when two or more responses within Category 1 are positive.
❑	Check here when two or more responses within Category 2 are positive.
❑	Check here when your response in Category 3 is positive.

Final Result: If two or more categories are checked as positive, you have a high likelyhood of having some form of sleep disordered breathing.

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