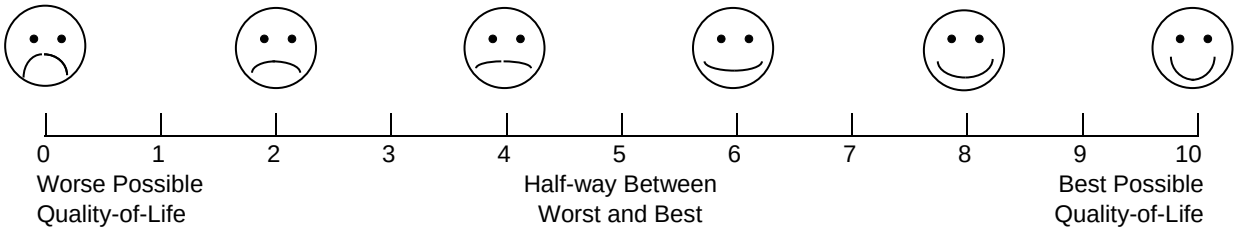
OSA-18 Quality of Life Survey
Evaluation of Sleep-Disordered Breathing

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* (or since the last survey if sooner). 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? osa1a	1	2	3	4	5	6	7
…breath holding spells or pauses in breathing at night? osa1b	1	2	3	4	5	6	7
…choking or gasping sounds while asleep? osa1c	1	2	3	4	5	6	7
…restless sleep or frequent awakenings from sleep? osa1d	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? osa2a	1	2	3	4	5	6	7
…frequent colds or upper respiratory infections? osa2b	1	2	3	4	5	6	7
…nasal discharge or runny nose? osa2c	1	2	3	4	5	6	7
…difficulty in swallowing foods? osa2d	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? osa3a	1	2	3	4	5	6	7
…aggressive or hyperactive behavior? osa3b	1	2	3	4	5	6	7
…discipline problems? osa3c	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? osa4a	1	2	3	4	5	6	7
…poor attention span or concentration? osa4b	1	2	3	4	5	6	7
…difficulty getting out of bed in the morning? osa4c	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? osa5a	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? osa5b	1	2	3	4	5	6	7
…made you frustrated? osa5c	1	2	3	4	5	6	7
osa5d							

OVERALL, HOW WOULD YOU RATE YOUR CHILD'S QUALITY OF LIFE AS A RESULT OF THE ABOVE PROBLEMS?
(Circle one number) osa6