

HOW IMPORTANT IS A VICTORY TO YOU?

If you are having symptoms of TMD and/or OSA, chances are you're having trouble getting answers. Take these quick quizzes to see if it's time for you to schedule a visit with us at the TMJ & Sleep Therapy Centre of Northern Indiana.

PAIN QUIZ

Do you take over-the-counter or prescription medication more than once a week for head or face pain?

Yes ___ No ___

Do you wake with headaches in the morning?

Yes ___ No ___

Does your jaw or face often feel sore or tired?

Yes ___ No ___

Do you have clicking or popping or noises in your jaw joint?

Yes ___ No ___

Is your jaw opening limited or asymmetrical?

Yes ___ No ___

Does stress aggravate or create head or face pain?

Yes ___ No ___

Does your pain limit your ability to do daily activities?

Yes ___ No ___

*If you answered yes to any of the questions above,
you may be at risk of TMD.*

SLEEP QUIZ

Do you snore loudly?

Yes ___ No ___

Do you often feel tired or fatigued after sleep?

Yes ___ No ___

Has anyone noticed that you quit breathing during sleep?

Yes ___ No ___

Do you take medication for high blood pressure?

Yes ___ No ___

Have you recently dozed off watching TV?

Yes ___ No ___

Have you recently dozed off sitting inactive in a public place
(e.g. a theatre or a meeting)?

Yes ___ No ___

Have you recently dozed off sitting and talking to someone?

Yes ___ No ___

Have you recently dozed off in a car while stopped for a few
minutes in traffic?

Yes ___ No ___

*If you answered yes to any of the questions above,
you may be at risk for OSA.*