Watermark Medical ARES Questionnaire ©

PRINT IN CAPITAL LETTERS - STAY WITHIN THE BOX All Fields Required-unless otherwise specified

Last Name | First Name | Middle Initial | Gender: Male ☐ Female ☐

Date of Birth Month | Day | Year **Weight** Pounds **Height** Feet | Inches **Neck Size** Inches

I.D. Number (optional)

Tally ARES Risk Points

Neck Size
+2 Male ≥16.5
+2 Female ≥15
Score ☐

COMPLETELY FILL IN ONE SQUARE FOR EACH QUESTION - ANSWER ALL QUESTIONS

Have you been diagnosed or treated for any of the following conditions?

Co-morbidities
+1 for each Yes response
Score ☐

High blood pressure	Yes ☐	No ☐	Stroke	Yes ☐	No ☐
Heart disease	Yes ☐	No ☐	Depression	Yes ☐	No ☐
Diabetes	Yes ☐	No ☐	Sleep Apnea	Yes ☐	No ☐
Lung disease	Yes ☐	No ☐	Nasal oxygen use	Yes ☐	No ☐
Insomnia	Yes ☐	No ☐	Restless legs syndrome	Yes ☐	No ☐
Narcolepsy	Yes ☐	No ☐	Morning Headaches	Yes ☐	No ☐
Sleep Medication	Yes ☐	No ☐	Pain Medication e.g. vicodin, oxycontin	Yes ☐	No ☐

Do not assign any points for these eight responses

Epworth Sleepiness Scale: How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you. Use the following scale tomark the most appropriate box for each situation. (M.W. Johns, Sleep 1991)

0 = would never doze 1 = slight chance of dozing
2 = moderate chance of dozing 3 = high chance of dozing

	0	1	2	3
Sitting and reading	☐	☐	☐	☐
Watching TV	☐	☐	☐	☐
Sitting, inactive, in a public place (theater, meeting, etc)	☐	☐	☐	☐
As a passenger in a car for an hour without a break	☐	☐	☐	☐
Lying down to rest in the afternoon when circumstances permit	☐	☐	☐	☐
Sitting and talking to someone	☐	☐	☐	☐
Sitting quietly after lunch without alcohol	☐	☐	☐	☐
In a car, while stopped for a few minutes in traffic	☐	☐	☐	☐

Epworth Score
Total the values from all 8 questions.
If 11 or less Score = 0
If 12 or more Score = 2
Score ☐

Frequency (Check one for each question): Never **+0**, Rarely **+1** times/wk, Sometimes **+2** times/wk, Frequently **+3** times/wk, Almost Always **+4** times/wk.

On average in the past month, how often have you snored or been told that you snored?

Never +0 ☐ Rarely +1 ☐ Sometimes +2 ☐ Frequently +3 ☐ Almost always +4 ☐

Do you wake up choking or gasping?

Never +0 ☐ Rarely +1 ☐ Sometimes +2 ☐ Frequently +3 ☐ Almost always +4 ☐

Have you been told that you stop breathing in your sleep or wake up choking or gasping?

Never +0 ☐ Rarely +1 ☐ Sometimes +2 ☐ Frequently +3 ☐ Almost always +4 ☐

Do you have problems keeping your legs still at night or need to move them to feel comfortable?

Never ☐ Rarely ☐ Sometimes ☐ Frequently ☐ Almost always ☐

Total points for the first three responses ☐

Point Total ☐

I have personally completed this questionnaire.
Signature

Date

Phone Number

Total all 4 boxes from the right side
If points total =3 or lower (no risk)
4 or 5 (low risk), 6 to 10
(high) and 11 or more (very high risk)

300 B Princeton Hightstown Rd.
E. Windsor NJ 08520 Suite 205
Phone: (609) 490- 1444
Fax: (609) 490 -1133
cmdsleep@live.com

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Sleep Disorders Center

HOME SLEEP TEST CONSENT AND EQUIPMENT ACKNOWLEDGMENT

Patient Information

Last Name: _____ First Name: _____ DOB: ____/____/_____

Preferred Contact Number: _____Home – Cell – Work (Circle one) Sex: M F

Credit Card Type: Visa – MC – American Express – Discover –Others_____

Notes: Your credit card will not be charged unless you fail to return the equipment to our practice. Note: There will be a 4% processing fee for all credit card transitions. (*In the event that the machine is not returned, you will be charged $200 per day for late fee*). (*A copy of the card will be asked to be put on file upon pick up of the equipment*).

Consent

I, _____ agree to have a Home Sleep Test (HST) performed on me as specified by my medical provider's order. The procedure involves the attachment of a belt and monitoring device that I will be responsible for using. I understand that the proper administration of my HST will be explained to me and that I will receive adequate written and visual education materials to properly administer the test. We ask that you acknowledge your receipt of this equipment, and that you agree to return the equipment after completion of the study. (*I acknowledge that failure to return the equipment provided to me will result in my credit card being charged for the late fee.*)

Acknowledgement of Receipt of Testing Equipment

I acknowledge receipt of Home Sleep Testing equipment and agree to use start the study on the date equipment is picked up and return the device and its parts as listed below, by the date noted below. Should I fail to return the equipment and all related components in the condition in which they were received, I agree to pay CMD Sleep the fee for replacing devices which have been lost, damaged or not returned, of up to $1000. The kit contains the following:

-Ares Unicorder -Respiratory Belt -USB Charger -User Guide -Travel Case

(To be completed by the office staff)
Equipment pick-up date: _____
Expected equipment return date: _____ *Return by 10:00 AM local time*

Release of Information and Patient Confidentiality

Comprehensive Medical Diagnostics, LLC (CMD Sleep) will provide a copy of the results of any procedure performed to the ordering physician. The undersigned further acknowledges that CMD Sleep is authorized to provide these results to other physicians and/or durable medical equipment companies as requested to complete prescriptions for equipment (ex: CPAP machine) that may be ordered as a result of the sleep study findings.

I certify the information that I have provided is correct. I authorize the release of medical information necessary to process claims to insurance companies or their agencies. I ACKNOWLEDGE THAT IF I FAIL TO RETURN THE EQUIPMENT AS LISTED ABOVE, A LATE FEE MAY BE CHARGED TO MY CREDIT CARD. I permit a copy of this acknowledgement to be used in place of the original.

Signature: _____ Date: _____

Relationship to patient: _____ Representative Name (printed): _____

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Name:_____ Date of birth: ____/____/____ Gender: M F

Address:_____ City:_____State:_____ Zip code:_____
Home phone:_____ Work phone:_____
Cell phone: _____ Email: _____
Emergency phone:_____ Contact person:_____
Soc. Sec. Number:_____ Marital Status: M S W D
Spouse's name:_____ Spouse's date of birth:_____/_____/_____

Employment Information

Retired: Yes_____ No_____ Date Retired: _____/_____/_____
Employer Name :_____
Address:_____

Insurance information **Please fill in Completely**

Primary insurance name:_____
Insured Person's Name: _____ID#: _____ Group #:_____
Secondary insurance name:_____
Insured Person's Name:_____ID#: _____ Group #:_____

Referring Physician Information *(Physician that referred you for sleep study)*

Name: _____
Specialty: _____
Address: _____
City: _____ State:_____ Zipcode:_____
Office Phone #:_____ Office fax #:_____

Primary Care Physician

Name: _____
Address _____
City: _____ State:_____ Zipcode:_____
Office Phone #:_____ Office fax #:_____

Please read and sign

I authorize the release of any medical information necessary to process this claim. I also authorize the attending physician to release information concerning my exam and treatment . I consent to treatment for my sleep study at CMD Sleep Center and I am also aware that I am responsible for payments of copays, deductibles and any other fees that my insurance will not cover.

Signature: _____ **Date:** _____/_____/_____

Signature: _____ **Date:** _____/_____/_____
If you are the guardian or P.O. A. sign here

Authorization #: Global: ICD 10 codes:

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Billing and Insurance Acknowledgement

Please review and initial that you acknowledge and agree to the following statements.

Medicare Acknowledgement:
I request that payment of authorized Medicare benefits be made either to me or to [Comprehensive Medical Diagnostics, LLC] for any services furnished to me. I authorize any holder of medical information about me to be release to "The Centers for Medicare & Medicaid Services", and its agents any information needed to determine these or the benefits payable for related services. I understand that I will be responsible for any deductible, coinsurance, and non-covered expenses. _____ (Initials)

Commercial Insurance Acknowledgement:
I request that payment of authorized Health Insurance benefits be made either to me or to [Comprehensive Medical Diagnostics, LLC] for any services furnished to me. I understand that I will be responsible for any deductible, coinsurance, and non-covered expenses. Any payments made to me by my insurance company for services rendered at [Comprehensive Medical Diagnostic, LLC] will be mailed to the sleep lab (address on header). _____ (Initials)

I authorize [Comprehensive Medical Diagnostics, LLC] to release all medical information necessary for processing insurance claims to the insurers on file. I agree these provisions will be in effect until otherwise revoked by me.
_____ (Initials)

I authorize you and or your attorney to obtain medical information regarding my physical condition from any other healthcare provider, including hospitals, diagnostic centers, and etc. I specifically authorize such healthcare providers to release all such information to you about me, including medical reports, X-ray reports, narrative reports, and any other reports or information regarding my physical condition. _____ (Initials)

Acknowledgement for SELF-PAY:
You have requested that this service to be self-pay because (initial one):
____You have no health insurance.
____You have health insurance, but you do not want your insurance billed and instead want to pay out of pocket.
____ Other (Please Explain): _____

NO SHOW
_____ I understand that sleep lab may charge a $200 "no show" fee in the event that I do not call with at least 24 hours' notice to cancel or reschedule an appointment.

By signing below, I acknowledge that I have read and understand the above information. I confirm that I am the patient, or the patient's duly authorized representative.

Signature of Patient or Legal Representative: _____ Date: _____

Print Name: _____ Relationship to Patient: _____

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Sleep Disorders Health Risk Assessment - Adult

Patient's Name _____
First Middle Last

SLEEP HISTORY

Main Sleep Complaint/Reason for night-time awakenings:

_____

_____

At what age did this problem begin? _____

How does this affect your life and daily activities?

_____

_____

If employed, what are your usual working hours? Start time _____Stop time _____

What time do you usually go to bed and get up on weekdays (or work days)?
_____ to bed _____ get up

What time do you usually go to bed and get up on weekends (or days off)?
_____ to bed _____ get up

Section 1 Insomnia

Yes	No	
☐	☐	Do you have trouble falling asleep?
☐	☐	Are you bothered by thoughts that keep you from sleeping?
☐	☐	Are you frightened to go to sleep?
☐	☐	Do you feel depressed or sad?
☐	☐	Does it take you more than a half hour to fall asleep?
☐	☐	Do you awaken much earlier in the morning and are unable to fall back to sleep?

Section 2 Sleep Apnea

Yes	No	
☐	☐	Do you often feel that you get too little sleep at night?
☐	☐	Are you bothered by sleepy periods during the day?
☐	☐	Do you remember dreaming?
☐	☐	Do you snore, or has someone told you that you snore?
☐	☐	Does the snoring disturb your bed partner or someone else in the house?
☐	☐	Are you bothered by nightmares?
☐	☐	Are you bothered by breathing problems at night?
☐	☐	Do you have unusual behavior during sleep?
☐	☐	Do you usually feel tired or sleepy during the day?
☐	☐	Do you have high blood pressure?
☐	☐	Have you been gaining weight?
☐	☐	Have you been undergoing changes in your personality?
☐	☐	Do you sweat during the night?
☐	☐	Do you feel you have lost interest in sex?
☐	☐	Do you waken gasping for breath in the middle of the night?
☐	☐	Do you have headaches in the morning?
☐	☐	When you have a cold do you find falling asleep more difficult?
☐	☐	Have you ever felt your heart pounding or beating irregularly during the night?
☐	☐	Have you been told that your performance on the job is not up to par?

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Section 3 **Narcolepsy**

Yes	No	
☐	☐	Do you have difficulty concentrating at school or at work?
☐	☐	Have you fallen asleep at the wheel of a car?
☐	☐	Do you fall asleep during the day?
☐	☐	Have you ever fallen asleep while laughing or crying?
☐	☐	Do your knees get weak if you laugh or get angry?
☐	☐	Have you fallen asleep during physical exertion?
☐	☐	During the day, do you feel dazed as if in a fog?
☐	☐	If you become angry, does your body feel limp?
☐	☐	While falling asleep or awakening, have you experienced vivid dreams?
☐	☐	Soon after falling asleep, have you had nightmares?
☐	☐	Do you often feel that you must fill your day with activity?
☐	☐	No matter how hard you try to stay awake, do you still fall asleep?

Section 4 **GERD**

Yes	No	
☐	☐	Do you gasp for breath during the night?
☐	☐	Do you awaken in the night coughing?
☐	☐	Are you hoarse in the morning?
☐	☐	Do you awaken with heartburn?
☐	☐	Do you have a chronic cough?
☐	☐	Are you taking antacids routinely on a weekly basis?
☐	☐	Do you have frequent sore throats?

Section 5 **Restless Legs/PLMS**

Yes	No	
☐	☐	Do you have pain that interferes with your sleep?
☐	☐	Do you awaken with muscle aches?
☐	☐	Do you have muscle tension in your legs, even outside of exercise?
☐	☐	Do you kick in bed at night?
☐	☐	Even though you sleep at night, do you awaken feeling tired?
☐	☐	Have you experienced a sensation of "crawling" or aching in your legs?
☐	☐	At night, do you feel the need to move your legs?

Does anyone in your family have any sleep problems? Yes _____ No _____

Have you been told or do you have any of the following?

Problem	Yes	Time/Wk.	Age of onset	Last occurred
talk while asleep				
walk while asleep				
grit teeth while asleep				
wake up screaming or afraid for no reason				
stop breathing in your sleep				
awaken with heartburn or sour taste				
other				

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PAST MEDICAL HISTORY

Have you had any of the following:

Surgery	Yes	No	If yes, when?
Tonsillectomy			
Adenoidectomy			
Nasal or sinus surgery			
Vocal cord surgery			
Other surgery			

Any use of prescription or over the counter medications regularly or occasionally?
Yes _____ No _____

If yes, please list by name below:

Name of Medication	Amount	How often	Reason used	How long	Prescribing Doctor

For each of the beverages listed, write the average number you drink per day:

Regular coffee _____ cups/day Decaffeinated coffee _____cups/day

Tea _____ cups/day Caffeinated soft drinks _____cups/day

On the average, how many alcoholic beverages do you drink a week? _____

On the average, how much tobacco do you smoke? (**Please fill in number per day**).

- — Cigarettes/day
- — Cigars/day
- — Pipe/day
- — Chewing Tobacco/day

Do you get regular exercise? Yes_____ No _____ how often_____ time of day _____

What kind _____

GENERAL PAIN DISABILITY INDEX QUESTIONNAIRE

NAME (Please Print): _____ DATE: _____

AGE: _____ DATE OF BIRTH: _____ OCCUPATION: _____

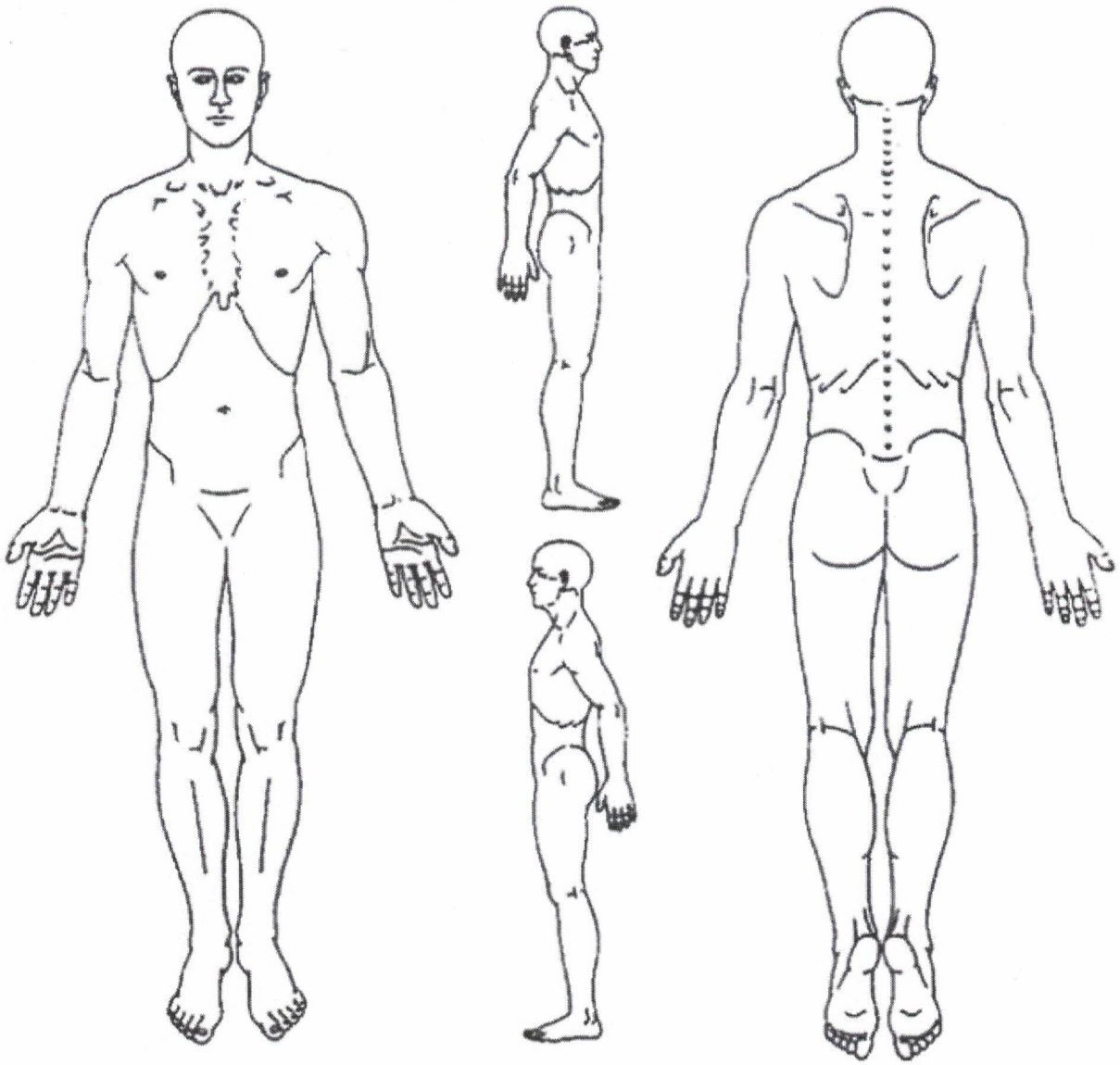
HOW LONG HAVE YOU HAD THIS PAIN? ___YEARS ___MONTHS ___WEEKS

IS THIS YOUR FIRST EPISODE OF THIS PAIN? ___YES ___NO

USE THE LETTERS BELOW TO INDICATE THE TYPE AND LOCATION OF YOUR SENSATIONS RIGHT NOW

(Please remember to complete both sides of this form.)

KEY: A=ACHE B=BURNING N=NUMBNESS
P=PINS & NEEDLES S=STABBING O=OTHER



OVER PLEASE

For Doctor's Use:

Chief compliant (other than neck or low back pain): _____

(For neck conditions use the Neck Pain Disability Index Questionnaire; for lower back conditions use the Roland-Morris or the Oswestry Low Back Pain Disability Questionnaire.)

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Bed Partner Questionnaire

(To be completed by pt's bed partner)

Patient Name: _____ Date: _____

Your Name: _____ Relationship: _____

I have observed this person sleep (circle one): Never Once Twice Often Every Night

Check any of the following that you have observed this person doing while asleep. **Check** those that you consider severe problems.

__Light Snorer
__Moderate Snorer
__Loud Snorer
__Twitching or Kicking of Legs
__Choking
__Sitting up in bed Not Awake
__Head Rocking or Banging
__Biting Tongue
__Crying out
__Becoming very rigid and shaking
__Apparently sleeping even if he/she says otherwise
__Occasional Loud Snorts
__Grinding Teeth
__Pauses in Breathing
__Sleep Talking
__Bed-wetting
__Awakening with Pain
__Getting out of bed Not Awake

Other_____

If this person snores, what makes it worse?
__Sleeping on his/her back
__Sleeping on his/her side
__Fatigue
__Alcohol

Please describe the behaviors checked in more detail. Describe the time when it occurs, how often it occurs during the night, and whether it occurs every night.

_____
_____
_____
_____
_____

Has this person fallen asleep during normal daytime activities or in dangerous situations? Yes/No? If yes, please explain: _____
_____
_____
_____
_____

Does this person use sleeping pills? Yes/No? What kind? _____
How often?_____
Does this person drink alcohol? Yes/No?
Please estimate the per (weeknight/weekend) use of: ___/___12 oz. Bottle/can/tap beer. ___/___6-8 oz. Glasses of wine ___/___ 1-1/2 oz. bottle/cap/tap liquor.
Please estimate how much alcohol this person consumes in the 3 hours before bed:
_____
If this person uses recreational drugs, please describe both the types and frequency of usage:
_____