



## POTENTIAL BREATHING-RELATED SYMPTOMS

The signs and symptoms listed below have been associated with breathing dysfunction.

**Please circle or highlight** each individual sign or symptom that you experience at least once a week, or which are significant at certain times of the year. It is not uncommon to have 15 or more different signs or symptoms.

### Respiratory and Sleep-Related

Upper chest breathing  
Fast/erratic/heavy breathing at rest  
Excessive mucus/congestion (nose, sinuses) (day)  
Excessive mucus/congestion (nose, sinuses) (night)  
Excessive mucus/congestion (lungs) (day)  
Excessive mucus/congestion (lungs) (night)  
Runny nose - tissues used (day \_\_\_) (night \_\_\_)  
Post nasal drip  
Chest tightness  
Wheezing  
Short of breath at rest  
Short of breath on exertion  
Coughing (other than with infection)  
Loss of sense of smell  
Hay fever, sneezing  
Yawning or sighing  
Dry mouth (day)  
Frequent deep breaths  
Frequent need to clear throat  
Mouth-breathing (day at rest)  
Mouth-breathing (activity and mild exercise)  
Mouth-breathing (sleep)  
Nasal polyps  
Enlarged/inflamed adenoids  
Swollen tonsils  
Prone to colds  
Audible breathing during sleep  
Snoring  
Number of wakings per night \_\_\_\_\_  
Number of toilet visits per night \_\_\_\_\_  
Frequent or urgent urination (day)  
Wake self with gasp/snort/choke  
(times per night \_\_\_\_\_ per week \_\_\_\_\_)  
Breathing stoppages in sleep  
Grinding teeth  
Insomnia  
Frightening/intense dreams  
Restless legs  
Bedwetting  
Waking up tired  
Dry mouth (on waking)  
Bad breath (on waking)  
Headache (on waking)  
Nasal/sinus congestion (on waking)  
Sleepiness during the day/wanting a nap  
Falling asleep sitting, reading, watching TV, driving

### Musculoskeletal

Muscle tension, spasms or cramping  
Muscle tremors, twitching or tics  
Muscle pain, weakness

### Circulatory/Cardiovascular

Irregular, pounding, or racing heart  
Chest pains that are not heart related  
Flushing  
Cold hands or feet

### Nervous System/Psychological

Anxiety, tension, apprehension  
Feeling revved up, jumpy, irritable  
Feeling down  
Panic attacks  
Disturbance of consciousness  
Poor concentration/memory or confusion  
Fear without reason, fear of sultry air  
Feelings of unreality or "losing the mind"  
Generalised weakness, weak at the knees"  
Feeling light-headed, dizzy, unsteady, faint  
Numbness/tingling - hands, feet, limbs, face  
Headache (day)  
Migraine  
Epileptic seizures

### Digestion

Abdominal bloating  
Belching, flatulence  
Heartburn, reflux  
Difficulty swallowing  
Irritable bowel

### General

Easily tired, exercise intolerant  
Chronic exhaustion  
Weight gain/loss  
Excessive sweating or clamminess  
Allergies - food  
Allergies - pollen, dust, mould etc.  
Chemical sensitivities  
Dry, itchy or inflamed skin  
Red or itchy eyes  
Dry lips  
Increased thirst  
Ringing, buzzing or hissing in ears

### OTHER SYMPTOMS YOU MAY EXPERIENCE

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