

Each of these six (6) factors is an independent "red flag" for sleep-disordered breathing.

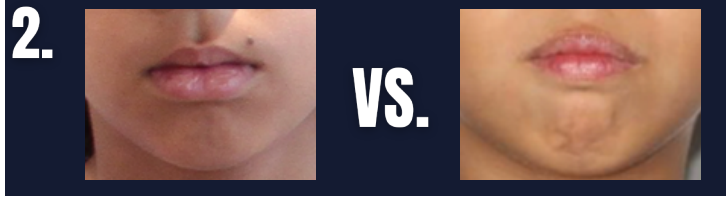


Difficulty with exclusive nasal-breathing for 3+ minutes?

MOUTH BREATHING

NO

YES



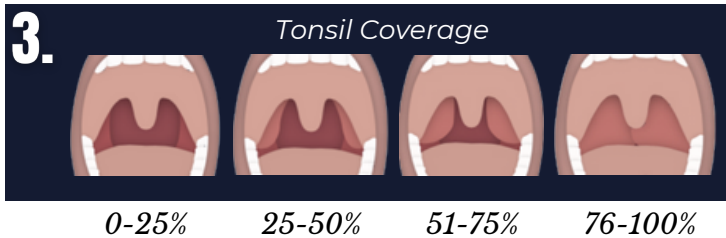
No Mentalis-Strain

Mentalis-Strain

MENTALIS STRAIN

NO

YES



0-25%

25-50%

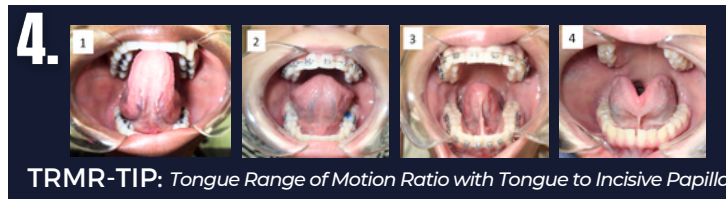
51-75%

76-100%

TONSIL HYPERTROPHY

<50%

>50%



Grade 1
>80%

Grade 2
50-80%

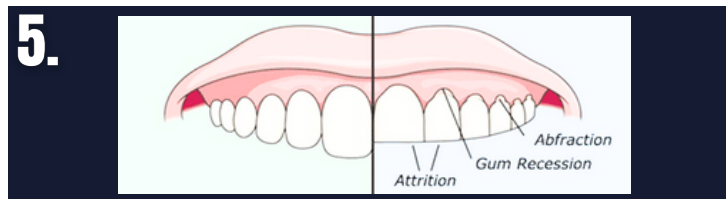
Grade 3
<50%

Grade 4
<25%

ANKYLOGLOSSIA

NOT RESTRICTED

RESTRICTED (GRADE 3-4)



Are there visible signs of dental wear?

DENTAL WEAR

NO

YES



Signs of dental crowding, high arch, and/or narrow palate?

NARROW PALATE

NO

YES

GRADING SCALE

The score on the FAIREST-6 is equal to the sum of the number of exam findings present. Scores may range from 0 (none of the items are present) to 6 (all six of the concerning exam findings are present). **A score of two corresponds to mildly increased risk of sleep-disturbance; four indicates moderately increased risk; six indicates severely increased risk.**

Number of Red Flags
Risk of Sleep-Disturbance

Scoring Table for FAiREST 6

	0	1	2	3	4	5	6
Normal							
Mild							
Moderate							
Severe							



FTP 1 FTP 2 FTP 3 FTP 4

FRIEDMAN TONGUE POSITION (FTP)

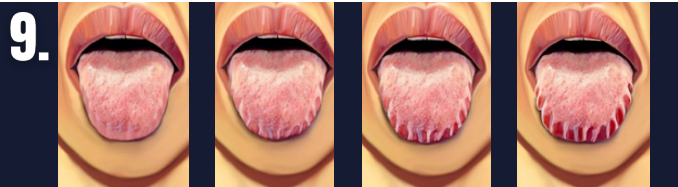
FTP 1 FTP 2 FTP 3 FTP 4



Assess for tongue space limitations: Look for tongue overflow while the tongue is held in Lingual palatal suction (LPS).

TONGUE OVERFLOW

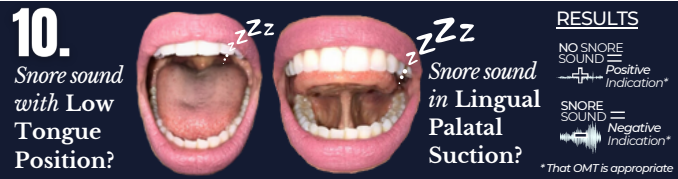
NORMAL MILD MODERATE SEVERE



NORMAL MILD MODERATE SEVERE
Swallow, then stick out your tongue without pain or discomfort.

TONGUE SCALLOPING

NO YES
 NORMAL MILD MODERATE SEVERE



10. Snore sound with Low Tongue Position?

Snore sound in Lingual Palatal Suction?

RESULTS
 NO SNORE SOUND = Positive Indication*
 SNORE SOUND = Negative Indication*
 *That OMT is appropriate

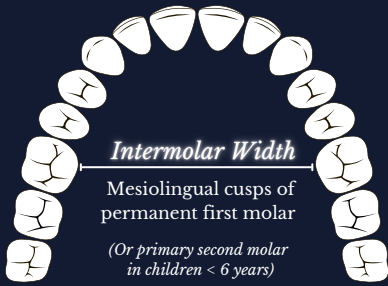
PALATAL FLUTTER

+ POSITIVE (NO SNORE SOUND) - NEGATIVE (SNORE SOUND IS AUDIBLE)

Have the patient attempt to make a snoring sound with their mouth open, then have them perform suction (LPS), and attempt to make the snoring sound again with their tongue held against the palate.

Supplementary Guides, Classifications, and References

MEASURING MAXILLARY INTERMOLAR DISTANCE



Adult Measurements

< 32 mm Severe 32-34 mm Moderate 34-36 mm Mild 36-38 mm Average 38-42 mm Above Average

Pediatric Measurements

Age + 24 mm

LECTURE FILES
 by Dr. Soroush Zaghi +
 The Breathe Institute

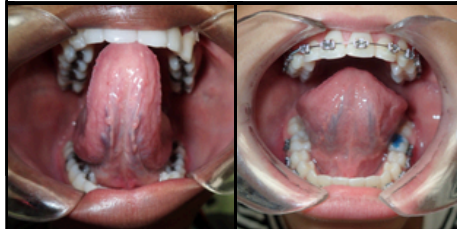


Multimedia lecture files are made available for general educational purposes, face-to-face instruction, and directed self-study.

FUNCTIONAL CLASSIFICATION OF ANKYGLOSSIA BASED ON (TRMR) TONGUE RANGE OF MOTION RATIO

TRMR-TIP

Assessment of Anterior Tongue Mobility Tongue to Incisive Papilla (TIP)



Grade 1: TRMR-TIP > 80% Significantly Above Average

Grade 2: TRMR-TIP 50-80% Average



Grade 3: TRMR-TIP < 50% Below Average

Grade 4: TRMR-TIP < 25% Significantly Below Average

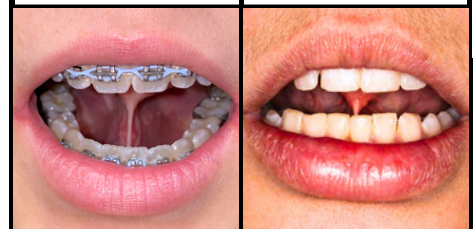
TRMR-LPS

Assessment of Posterior Tongue Mobility Lingual Palatal Suction (LPS)



Grade 1: TRMR-LPS > 60% Significantly Above Average

Grade 2: TRMR-LPS 30-60% Average



Grade 3: TRMR-LPS < 30% Below Average

Grade 4: TRMR-LPS < 5% or unable Significantly Below Average