

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

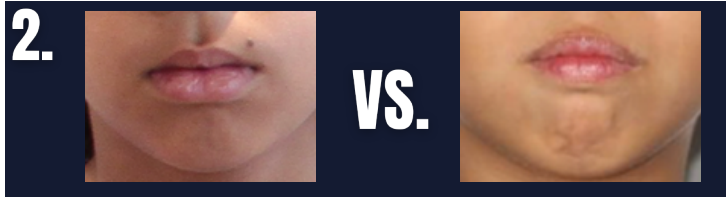


Difficulty with exclusive nasal-breathing for 3+ minutes?

### MOUTH BREATHING

NO

YES



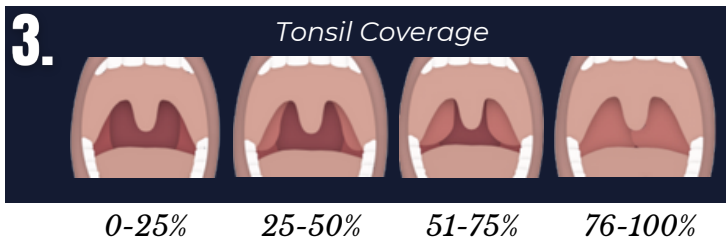
No Mentalis-Strain

Mentalis-Strain

### MENTALIS STRAIN

NO

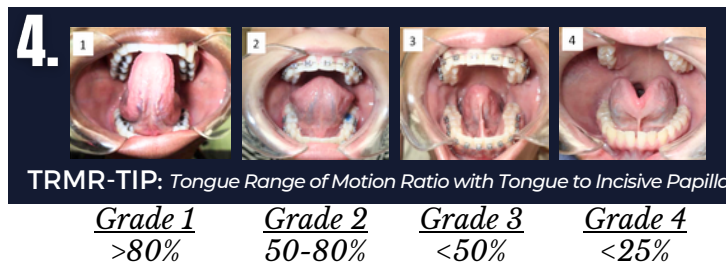
YES



### TONSIL HYPERTROPHY

<50%

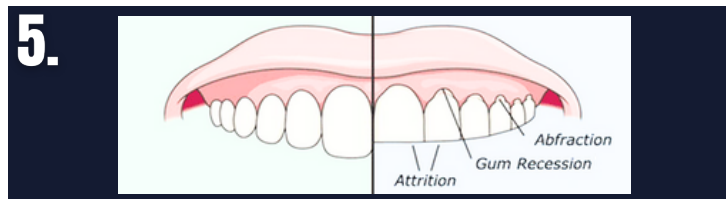
>50%



### 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

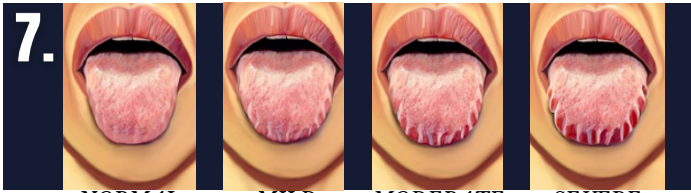
### GRADING SCALE

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



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

**TONGUE SCALLOPING**

NORMAL MILD MODERATE SEVERE



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

**TONGUE OVERFLOW**

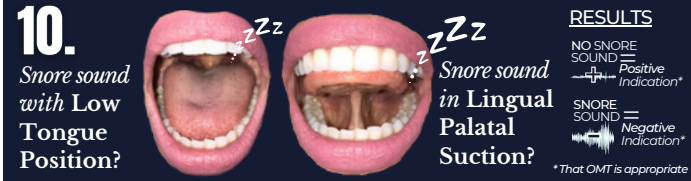
NORMAL MILD MODERATE SEVERE



**9.** **FTP 1 FTP 2 FTP 3 FTP 4**

**FRIEDMAN TONGUE POSITION (FTP)**

FTP 1 FTP 2 FTP 3 FTP 4



**10.** Snore sound with Low Tongue Position?

Snore sound in Lingual Palatal Suction?

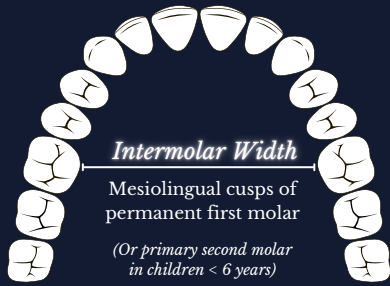
**RESULTS**  
NO SNORE SOUND = Positive Indication\*  
SNORE SOUND = Negative Indication\*  
\*That OMT is appropriate

**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**

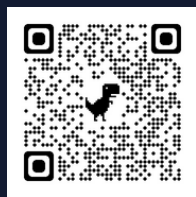
**Adult Measurements**

< 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

**RESOURCES** Lectures and Downloadable Resources



by Dr. Soroush Zaghi + The Breathe Institute

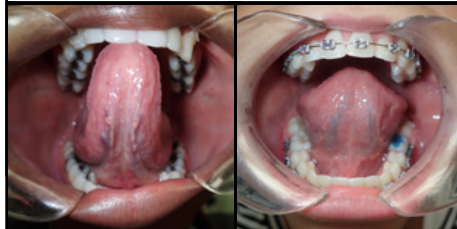


FAIREST Screening Tools by: Cynthia Peterson

FUNCTIONAL CLASSIFICATION OF ANKYLOGLOSSIA 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

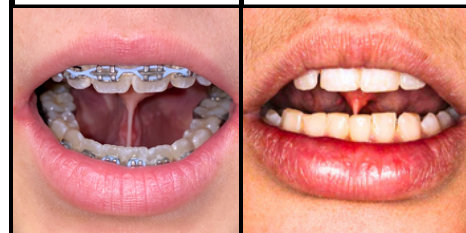
**TRMR-LPS**

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