

I-ARC Clinical Checklist for Identifying Pediatric Sleep Disordered Breathing

I. Clinical Impression

- Tired
- Mouth breathing
- Restless and fidgety
- Suborbital venous pooling – aka “shiners”

II. Craniofacial Phenotype

- Long, narrow face
- Weak chin projection
- Maxillary constriction (+/- cross-bite)
- Increased over-jet
- Anterior open-bite

III. History – Signs & Symptoms

- Chronic nasal congestion
- Chronic Snoring
- Gasping for breath while sleeping
- Difficulty waking up
- Reduced grades in school
- Nocturnal enuresis (bed wetting)
- ADHD
- PSQ score ≥ 8

IV. History – Risk Factors

- Obese
- Asthma
- Allergies
 - Environmental (dust, pollen, mold)
 - Smoking Parent
 - In door pets
- GERD
- Pre-term birth (35 weeks or earlier)
- African decent ethnicity

V. Radiographic Evidence

- Adenoid hypertrophy
- Turbinate hypertrophy
- Septum deviation
- Concha bulosa
- Palatine tonsil hypertrophy
- Oropharyngeal narrowing
 - Lingual tonsil hypertrophy
 - Retrognathic mandible
 - Soft tissue encroachment

VI. Self-Reported Nasal Obstruction

