



TMJ and Sleep Therapy Centre of Temecula

Nathan Jergensen, DMD

1. Do you suffer from any of the following? Check all that apply.
 - Headaches
 - Sleep apnea
 - Jaw pain/popping/locking
 - Poor sleep
 - Grinding
 - Other: _____

2. Can you fall asleep within 10 minutes without any medication (including OTC medicines, melatonin, Tylenol PM, Benadryl, etc., or any prescription medications).
3. Do you stay asleep *all* night long, not even getting up to urinate?
4. Are you awake and free from fatigue all day until bed-time?
5. Do you feel rested when you wake in the morning?
6. Is your jaw quiet *all* of the time?
7. Are you pain free? “Regular” aches and pains is not pain free.
 - If “no,” what pain do you have and is this pain recent or long-lasting?

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8. Are you satisfied with your current pain and fatigue?

**TMJ & SLEEP THERAPY CENTRE
OF TEMECULA**

(951) 331-3237

www.SoCalTMJ.com

www.TemeculaTMJ.com

Yes No

Yes No

Yes No

Yes No

Yes No

Yes No

Yes No

These questions compare you to a healthy and pain-free individual. If you would like to address any of these concerns, please contact the TMJ and Sleep Therapy Centre at **(951) 331-3237** or visit www.SoCalTMJ.com to schedule your exam. Please bring this form with you to your appointment.

Our goal at the TMJ and Sleep Therapy Centre is to help you sleep all night long, wake rested, and be pain free so you can live your life to your full potential.

Referred from Dr. _____

Doctor Phone Number:(_____) ____-_____

Patient Name: _____

Date of referral: ____/____/____

Please evaluate for

- Bruxism or clenching (day or night)
- Jaw pain
- Lock jaw
- Jaw noises (clicking, popping, etc)
- Reduced range of motion (mandible)
- Sleep Apnea or Poor Sleep
- Neck or shoulder pain
- Chronic or phantom head and neck pain
- Other orofacial pain: _____

Additional Symptoms:

- | | |
|--|--|
| <input type="radio"/> Headaches | <input type="radio"/> Tinnitus |
| <input type="radio"/> Migraines | <input type="radio"/> Scalloped Tongue |
| <input type="radio"/> Heavy gag reflex | <input type="radio"/> Mouth Breathing |
| <input type="radio"/> Tori or buccal exostosis | <input type="radio"/> Tongue Tie |
| <input type="radio"/> Snoring | |



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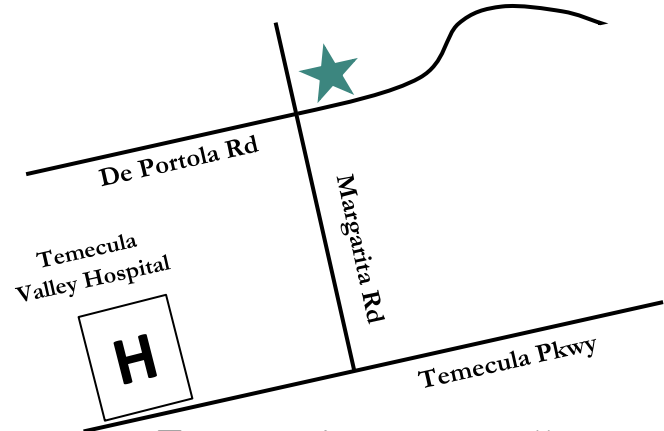
43980 Margarita Rd Ste 101

Temecula, CA 92592

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The Centre is inside of Miles of Smiles Orthodontics



**For appointments call
(951) 331-3237**