

How my child sleeps at night

Before your child's appointment, fill this in and bring it with you to help the conversation go faster.

Child's full name: _____ Date: _____ / _____ / _____

What I have noticed

- | | |
|---|---|
| ☐ My child snores most nights | ☐ They're restless and wake up a lot |
| ☐ They breathe loudly or gasp at night | ☐ They're tired or hard to wake |
| ☐ Their breathing seems to pause | ☐ They have trouble focusing |

Nights a week: _____ Going on for: _____

Current treatment

- ☐ An ENT has recommended tonsil or adenoid surgery
- ☐ My child had tonsil surgery and I still notice symptoms
- ☐ A dentist or orthodontist is treating my child's airway

Questions to ask

- 01** Could this be sleep-disordered breathing?
- 02** Would overnight data help us decide what to do next?
- 03** Would you be willing to prescribe an at-home sleep test?

For the Clinician



About the hinlab Sleep Test

Built on FDA-clear technology and made for kids 28 days to 12 years. It is a screening test, not a diagnosis. It does not replace an in-lab sleep study.



How it works

Three nights in their own bed with a soft upper-arm cuff, plus a sleep questionnaire. The results go to you as a report.

ADDITIONAL INFORMATION

- hinlab.com/for-providers - A prescription template and two-page clinical summary are available here.
- The family orders and pays directly. There is no cost or equipment for your practice, and the report is sent to you for review.