

## Pediatric Sleep Questionnaire

Child's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Is your child on any medication?  
\_\_\_\_\_

What is your child's usual bedtime? \_\_\_\_\_pm

How long does it take for him/her to fall asleep? \_\_\_\_\_minutes, \_\_\_\_\_hours

Does your child wake up at night?  
 Yes  No  I Don't Know

Is your child sleepy during the day?  
 Yes  No  I Don't Know

Does your child habitually nap?  
 Yes  No  I Don't Know

Does your child bang head during sleep?  
 Yes  No  I Don't Know

Is your child a restless sleeper?  
 Yes  No  I Don't Know

Does your child have leg pains?  
 Yes  No  I Don't Know

Does your child have nightmares?  
 Yes  No  I Don't Know

Does he/she scream in sleep?  
 Yes  No  I Don't Know

Is there teeth grinding during sleep?  
 Yes  No  I Don't Know

Does your child sleepwalk?  
 Yes  No  I Don't Know

Does your child wet the bed?  
 Yes  No  I Don't Know

Does your child snore?  
 Yes  No  I Don't Know

Does your child mouth breathe?  
 Yes  No  I Don't Know

Does your child kick during sleep?  
 Yes  No  I Don't Know

Does your child sleep in unusual positions?  
 Yes  No  I Don't Know

Was your child born pre-maturely?  
 Yes  No  I Don't Know

Does your child sweat while asleep?  
 Yes  No  I Don't Know

Does your child have difficulty waking themselves up in the morning?  
 Yes  No  I Don't Know

Did your child have eczema, cradle cap, or other allergies at any time?  
 Yes  No  I Don't Know

Does your child have difficulty concentrating at school or behavioral problems at school?  
 Yes  No  I Don't Know

## Julia Kagan, DDS, Certified Acupuncturist



Dr. Kagan is a general dentist who treats general dental concerns as well as TMJ Disorders, Headaches, Migraines, Neck and Shoulder Pain, Ear Pain, Tinnitus, Snoring, Sleep Apnea, Pediatric/Adult Malocclusion and Crowded/Crooked teeth.

Her goal is to restore optimal anatomical function in a way that supports the body's innate healing ability.

She uses Appliance Therapy and Functional Orthodontics in the office and refers to interdisciplinary practitioners such as physical therapists, craniosacral therapists, osteopaths, myofunctional therapists, and speech pathologists to address relevant issues.

Dr. Kagan continues to pursue a well rounded continuing education including Pediatric Sleep Breathing Disorders and Osteopathy in order to see the big picture, as well as ongoing mentorship with long standing practitioners in the fields of TMJ Disorders, Sleep Apnea, and Functional Orthodontics.

### Education

Doctor of Dental Surgery (DDS) from SUNY at Buffalo School of Dental Medicine, 2004  
Acupuncture Certification from Tristate College of Acupuncture, 2014.



In our on-going efforts to better serve our patients, Stellar Dental Care is pleased to offer Functional Orthodontics Services.

Functional Orthodontics Services  
Are Provided at Our Transit Road Office

7500 Transit Road  
Near Eastern Hills Mall

716.632.5555

*Your best course of action begins  
with a good education.  
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# Functional Orthodontics

Straight Teeth,  
Beautiful Faces,  
and Optimal  
Well Being



# Feel Great Look Beautiful

## Benefits of Functional Orthodontics:

- Addresses growth of the jaw bones
- Makes room for adult teeth
- Considers the significance of airway and sleep breathing disorders
- Concealed appliances when possible
- Supports healthy brain development in children
- Addresses underlying neuromuscular habits
- Addresses headaches and TMJ Disorders
- Improves posture and energy

Functional  
Orthodontics uses  
the body's natural  
physiology in conjunction with

oral appliances to guide the  
jaw and dental growth into an  
advantageous position for tooth  
position and overall resilience.

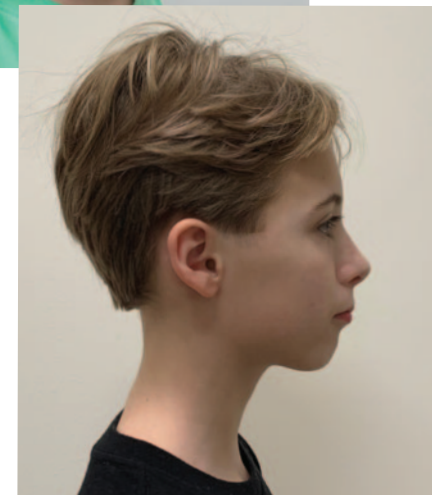
A whole patient approach  
resulting in benefits  
beyond a beautiful smile.

### Testimonial

I actively researched and sought out someone local who would be willing to help my daughter and specialized in dental devices. That search led me to Dr. Julia Kagan who has worked hand-in-hand with specialists around the world who have used the ALF device successfully, as well as with myofunctional therapists. In the year's time of my daughters treatment, we have seen such amazing changes not only in Makayla's appearance, but in her overall health. Makayla's overbite has improved tremendously. She no longer suffers from jaw pain, headaches, and dizziness. Her scoliosis has been corrected and her shoulders are now even. Dr. Kagan has worked with us through the entire process and we cannot thank her enough for her willingness to take Makayla on as a patient.

- Melissa B.

*Makala...She no longer suffers from  
jaw pain, headaches, dizziness.*



### Testimonial

My daughter no longer snores at night. She doesn't wake complaining about a sore throat and the dark circles under her eyes are gone. This was our first winter free of ear infections and chronic congestion! School has been easier for her and her teachers have recognized the difference in her ability to focus. This treatment has exceeded our expectations.

- Kimberly H.

*Evelyn...no longer snoring at night.  
This treatment has exceeded  
our expectations.*

### Testimonial

My 5 year old son suffered from sleep apnea. Dr. Kagan has been wonderful throughout this process! Keeping us informed and being accessible for questions and updates whenever we needed! His sleeping has gotten so much better since we started this treatment. She was also the first to detect his tongue tie and recommended a dentist who would do it. We had the procedure done and it has made a world of difference with my son. We are so grateful for the improved quality of life and rest that this connection with Dr. Kagan and her team has provided!

-Nakia F.

*Mehki... We are so grateful for the  
improved quality of life and rest.*