



In Harmony Orthodontics  
2025 W. Glen Park Ave. (45<sup>th</sup> Street)  
Griffith, IN 46319  
(219) 924-4031

Patient's Name: \_\_\_\_\_

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

## HABIT SHEET

There are many signs to look for regarding your health that I often don't get to see while you are at my office. Also, many of these signs you may not have known were connected to your teeth or health. By looking for and tracking these habits, we can get a better handle on any underlying causes of the bad bite.

Please take just a few minutes to complete this form over the next few days and **bring to the initial exam!** Feel free to ask a spouse, friend or older child to point out their observations.

### **While sitting around** (watching TV, sewing/crafting, in the car, etc.) do you:

- put "things" in your mouth a lot (sleeves, pens/pencils, fingernails, etc.)
- lick or suck on your lips
- have your lips apart, even a little
- stick or dart your tongue out of the mouth
- have your tongue resting between the teeth
- lean your cheek on a hand
- breathe with your mouth even slightly open
- have noisy breathing
- have trouble sitting still

### **During a meal,** do you:

- chew food with your lips open
- stick your tongue between the teeth when swallowing
- stick your tongue out to meet the drinking glass or straw
- make noises when chewing (smacks)
- gasp for air while eating
- eat sloppily
- take a breath before drinking
- puff your cheeks out when drinking
- make your lips purse when swallowing
- make your chin "crinkle" when swallowing
- bob your head when swallowing
- gulp liquids

### **In public or at work,** do you:

- appear sleepy or actually fall asleep
- daydream
- have trouble concentrating
- exhibit hyperactivity

### **While sleeping,** do you:

- have trouble going to sleep
- wake up frequently at night
- sleep walk or talk
- have nightmares, terrors
- sweat
- snore
- appear to have difficulty breathing
- ever stop breathing for a short time
- gasp for air
- have loud breathing
- have your mouth open
- grind teeth
- drool on the pillow
- have restless sleep/toss and turn
- sleep on your back
- tilt your head back
- sleep on your stomach/on your side
- have your hands under face or pillow
- wake up with dry throat or thirsty
- wake up with chapped lips
- have trouble waking up in the morning
- wake up with dark circles under your eyes
- wake up with headaches

### **While talking,** do you:

- talk too fast
- talk too slowly
- shift your jaw to the side
- gasp for air
- have a lisp
- have speech struggles