

Each of these six (6) factors is an independent "red flag" for sleep-disordered breathing.

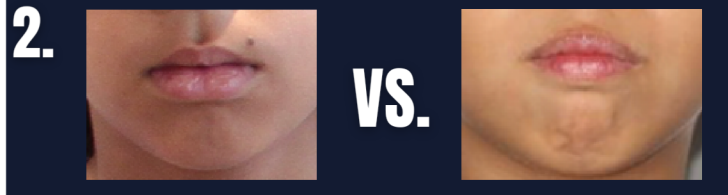


Difficulty with exclusive nasal-breathing for 3+ minutes?

### MOUTH BREATHING

NO

YES



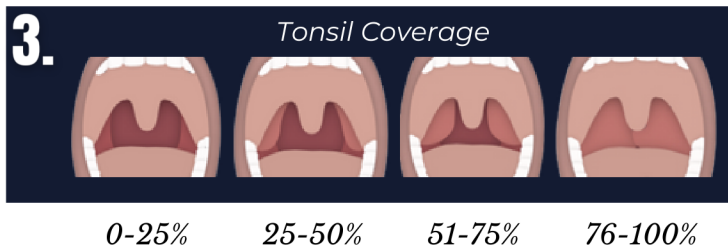
No Mentalis-Strain

Mentalis-Strain

### MENTALIS STRAIN

NO

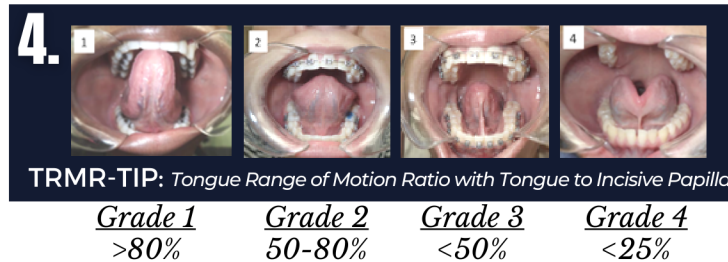
YES



### TONSIL HYPERTROPHY

<50%

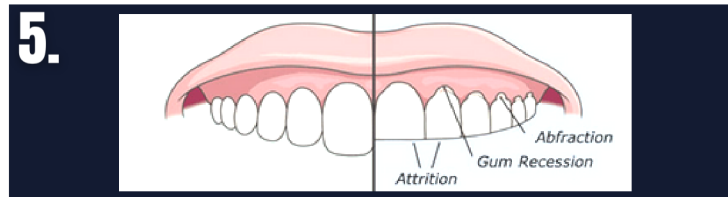
>50%



### ANKYLOGLOSSIA

NOT RESTRICTED

RESTRICTED (GRADE 3-4)

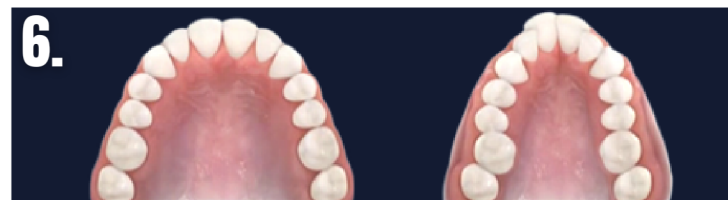


Are there visible signs of dental wear?

### DENTAL WEAR

NO

YES



Signs of dental crowding, high arch, and/or narrow palate?

### NARROW PALATE

NO

YES

### GRADING SCALE

The score on the FAIREST-6 is equal to the sum of the number of exam findings present. Scores may range from 0 (none of the items are present) to 6 (all six of the concerning exam findings are present). **A score of two corresponds to mildly increased risk of sleep-disturbance; four indicates moderately increased risk; six indicates severely increased risk.**

Number of Red Flags  
 Risk of Sleep-Disturbance

#### Scoring Table for FAiREST 6

	0	1	2	3	4	5	6
	Normal		Mild		Moderate		Severe

FUNCTIONAL CLASSIFICATION OF ANKYLOGLOSSIA : *BASED ON TONGUE RANGE OF MOTION RATIO (TRMR)*

### TRMR-TIP

Assessment of: Anterior Tongue Mobility  
Tongue to Incisive Papilla (TIP)

<b>Grade 1:</b> TRMR-TIP > 80% <i>Significantly Above Average</i>	<b>Grade 2:</b> TRMR-TIP 50-80% <i>Average</i>
<b>Grade 3:</b> TRMR-TIP < 50% <i>Below Average</i>	<b>Grade 4:</b> TRMR-TIP < 25% <i>Significantly Below Average</i>

### TRMR-LPS

Assessment of: Posterior Tongue Mobility  
Lingual Palatal Suction (LPS)

<b>Grade 1:</b> TRMR-LPS > 60% <i>Significantly Above Average</i>	<b>Grade 2:</b> TRMR-LPS 30-60% <i>Average</i>
<b>Grade 3:</b> TRMR-LPS < 30% <i>Below Average</i>	<b>Grade 4:</b> TRMR-LPS < 5% or unable <i>Significantly Below Average</i>

## MEASURING MAXILLARY INTERMOLAR DISTANCE

**Intermolar Width**  
Mesiolingual cusps of permanent first molar  
(Or primary second molar in children < 6 years)

Adult Measurements				
< 32 mm	32-34 mm	34-36 mm	36-38 mm	38-42 mm
Severe	Moderate	Mild	Average	Above Average
Pediatric Measurements				
Age + 24 mm				

## REFERENCES

- Assessment of Nasal Breathing Using Lip Taping: A Simple and Effective Screening Tool.  
*Authors: Zaghi S, Peterson C, Shamtoob S, Brigitte Fung B, Kwok-Keung Ng D, Jagomagi T, Archambault N, O'Connor B, Winslow K, Peeran Z, Lano M, Murdock J, Valcu-Pinkerton S, Morrissey L.*
- Determinants of Sleep-Disordered Breathing During the Mixed Dentition: Development of a Functional Airway Evaluation Screening Tool (Fairest 6).  
*Authors: James Oh DDS, Soroush Zaghi MD, Cynthia Peterson PT, Clarice S Law DMD MS, Audrey J Yoon DDS MS.*
- Determinants of probable sleep bruxism in a pediatric mixed dentition population: a multivariate analysis of mouth vs. nasal breathing, tongue mobility, and tonsil size.  
*Authors: Oh J S, Zaghi S, Ghodousi N, Peterson C, Silva D, Lavigne G J, Yoon, A.*
- Assessment of posterior tongue mobility using lingual-palatal suction: progress toward a functional definition of ankyloglossia.  
*Authors: Zaghi S, Shamtoob S, Peterson C, Christianson L, Valcu-Pinkerton S, Peeran Z, Fung B, Kwok-Keung Ng D, Jagomagi T, Archambault N, O'Connor B, Winslow K, Lano M, Murdock J, Morrissey L, Yoon A.*
- Ankyloglossia as a risk factor for maxillary hypoplasia and soft palate elongation: A functional - morphological study.  
*Authors: A J Yoon, S Zaghi, S Ha, C S Law, C Guilleminault, S Y Liu.*