**Adult Checklist for Tongue-Tie**

\_\_Mouth breathing

\_\_Sleep apnea

\_\_Headaches and migraines

\_\_Teeth grinding

\_\_Dry lips

\_\_Back, neck or facial pain

\_\_TMJ, clicking in the jaw, jaw pain

\_\_Snoring

\_\_Digestive Issues

\_\_Cavities, gum disease, or halitosis

\_\_High palate

\_\_Small mouth

\_\_Issues with food texture

\_\_Reflux

\_\_Choking on liquids

\_\_Speech problems

\_\_Heart shaped tongue