Introduction to Dental Sleep Medicine Basic Course Information

• Registration opens at 7:30 AM Friday with the course both days starting PROMPTLY at 8 AM.

• Friday the course ends at 5 PM.

• Ambulatory Option for attendees Friday night.

• Itamar will sponsor a dinner for MOST COURSES on Friday night.

• Continental Breakfast Included Friday and Saturday.

• Lunch at 12:30 to 1:30 PM: Included.

• Hands On Portion in Office Setting: Saturday 2:00 – 4:30.

A Review of Topics Covered

• Sleep Medicine Principles: Epidemiology and Co-Morbidities
• Physiology of Obstructive Sleep Disorders
• Co-----morbidities of Obstructive Sleep Disorders
• Diagnosis of Obstructive Sleep Disorders
• Polysomnogram interpretation
• Use of Ambulatory Studies and/or Home Oximetry in Diagnosis and Monitoring
• CPAP Therapy
• Split-----sight Polysomnograms
• Therapeutic Polysomnograms

Treatment Options/ Surgical and Non Surgical

• Surgical Treatment Review of UPPP. LAUP. Orthognathic Surgery,Genial Tubercle Surgery, Somnoplasty
• Craniomandibular Examination
• TMJ Screening Examination
• Treatment Planning Based on Examination Results
• How Joint Status Affects Treatment Decisions
• How Chronic Plain Patients Are Treated
• Treatment Decisions Based on Sleep Medicine Diagnosis

Oral Appliance Therapy

• Brief History of Oral Appliance Therapy
• Facts and Myths; How to Conquer the Myths and Inform of the Facts.
• Efficacy of Oral Appliance Therapy
• Compliance of Oral Appliance Therapy vs. CPAP Therapy
• Review of Goals of Oral Appliance Therapy
• Physiology of Oral Appliance Therapy ——> How they work (This will surprise you!)
• Which Appliance? Why? When? What Constitutes An Ideal Appliance?
• Appliance Construction and Insertion
• The Importance of Patient Instructions and Communication
• The Role of Positional Therapy with OAT
• Combination Therapy with CPAP (pressure reduction)
• Combination with CPAP for Travel and Convenience
• Staff Role in OAT
• Appliance design to limit untoward side effects
• Appointment regimen in OAT
• Appliance Monitoring and Titration
• Long Term Appliance Use
• Treatment of Bruxism
• Treating Potential Associated joint Pain
• Prevention, Evaluating, and Treating Occlusal Changes
• Review of Potential Side Effects: How to Treat

• Practice Management
• How to Treat Your Own Dental Patients
• How to Develop Relationships with Sleep Centers and Sleep Physicians: Working with the Physicians as Opposed to Competing
• How to Develop a Referral Base
• Device and a Practice Builder
• Fees and Insurance
• PreCertification of Insurance
• Initial Phone Contact
• How to Keep Fees From Being a Barrier in Treatment and Referrals
• The All Important History Taking Methods