

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---night 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 Pain 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
- 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

In Office:

Demonstration of Craniomandibular Examination and Bite Registration Techniques

Hands---on Appliance Insertion --- Each participant will have the opportunity to send models and a bite registration (with receive instructions) in advance. Those that send them in the appropriate time frame will insert an appliance and have their own appliance inserted for his or her use or for demonstration