

Introduction to dental sleep medicine

Practical
lectures and
hands on
demonstrations

Dental sleep medicine is fast becoming one of the most important areas in the practice of modern dentistry.

This **one-day course** is for dentists or other oral health professionals who are new to dental sleep medicine (DSM), providing the **theoretical knowledge and the practical skills** needed to incorporate DSM into their daily practice.

This course is being run by the **Australasian Sleep Association**, the multidisciplinary society representing clinicians, researchers and scientists working in sleep health and sleep medicine.



Saturday 23 September 2023 • 8.30am-5.00pm

International Convention Centre Sydney • Meeting Room C4.8 (Level 4)



REGISTER NOW

<http://bit.ly/dentalsleep2023>



**DENTAL
SLEEP
MEDICINE**

presenters



Dr Adam Teo
Dentist



Dr Roo Killick
Respiratory and
Sleep Physician



A/Prof Andrew Chan
Respiratory and Sleep
Physician



Dr Sheila Sivam
Respiratory and Sleep
Physician



Dr Lyndon Chan
Otolaryngologist



Dr Amanda Phoon
Nguyen
Oral Medicine Specialist



Dr Harry Ball
Dentist



Dr Michelle Donegan
Dentist

panel members



Dr Andrew Gikas
Dentist



Dr Rob Shea
Dentist



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why?

The link between oral health and sleep health is becoming more recognised in the fields of dentistry and medicine. This puts dentists at the forefront of recognising the signs or symptoms of sleep disorders such as sleep disordered breathing, obstructive sleep apnoea and snoring.

Obstructive sleep apnoea alone has been linked to a host of health problems including high blood pressure, cardiovascular problems and diabetes in adults. In children, it can lead to the development of learning and behavioural problems if left untreated.

Dentists have the opportunity to recognise the oral manifestations of these conditions in a routine exam. With a sound understanding of dental sleep medicine, they can be involved in both the screening and potential treatment of sleep disordered breathing. This opens the door to fulfilling interdisciplinary collaborations with medical colleagues in the diagnosis and treatment of these disorders.

who?

This course is designed for dentists or other oral health professionals who have little or no experience in DSM, and for more experienced dentists who wish to refresh their knowledge.

outcomes

- Baseline knowledge of normal sleep, sleep medicine, sleep disorders, and the impact of sleep issues on health and the economy
- Comprehensive understanding of sleep-disordered breathing, particularly the obstructive sleep apnoea spectrum and treatment options available
- Confidence to read and understand sleep study or polysomnography reports to a basic level
- Understand screening methods for sleep-disordered breathing that can be implemented in the general dental practice
- Comprehensive theoretical understanding and practical skills in oral appliance therapy
- Skills to troubleshoot common side effects with oral appliance therapy and apply solutions
- Implementation skills to apply learning in their general practice.

cost

\$765 (inc GST)

Registration fee includes full day of intensive, interactive instruction in DSM, as well as morning tea, lunch and afternoon tea.

Attendees will automatically received **7.5 CPD** hour credits through the ASA Learning Centre



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North Strathfield NSW 2137



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schedule

8:00 am Registration

8:30 **What is DSM? - Dr Adam Teo**
Why DSM is important, the impact dentists can make and the importance of collaboration with medical colleagues

8:45 **Normal sleep and the public health impact of sleep disorders – Dr Roo Killick**
Understanding the basics of normal sleep, what sleep studies measure, and the public health and economic impacts of sleep disorders

9:15 **Sleep-disordered breathing and obstructive sleep apnoea – A/Prof. Andrew Chan**
Understanding more about sleep-disordered breathing (SDB) and obstructive sleep apnoea (OSA), and how to assess for these in general dental practice

10:00 Q&A

10:15 Morning tea

10:30 **Measuring sleep and interpreting sleep studies – Dr Sheila Sivam**
An introduction to sleep studies available, what they entail, what measurements are taken, how to read the sleep physician report, and interesting things to look out for

11:15 **SDB in children and surgical options for adults – Dr Lyndon Chan**
A basic introduction to paediatric SDB, presentations, screening and treatments and introduction to surgical treatment options for adults

12:00 pm Lunch

12:30 **All about Treatment options - Dr Amanda Phoon Nguyen**

A basic introduction to CPAP therapy and how it works, MAS therapy and how it works, maxillofacial surgical options, weight loss, positional therapy and alternative therapies about treatment options

1:15 **FDSM - ASA - Dr Dinushki Daniels**

Practical training in oral appliance therapy – Dr Adam Teo

1:30

Panel: Dr Andrew Gikas, Dr Adam Teo, Dr Harry Ball, Dr Rob Shea, Dr Michelle Donegan

Impression record taking, bite records, oral appliance designs, troubleshooting and considerations to be taken with treatment planning for oral appliance designs, titration mechanisms and protocols, fitting appointment and patient instructions

3:00 Afternoon tea

3:15 Reviews, side effect and troubleshooting – Dr Michelle Donegan

Panel: Dr Adam Teo, Dr Harry Ball, Dr Rob Shea, Dr Andrew Gikas

How to identify and provide solutions for common side effects such as TMD, pain, bite changes and teeth movement plus how to review a patient's

4:00

Common considerations and FAQs for the general dental practice Dr Harry Ball

Panel: Dr Adam Teo, Dr Rob Shea, Dr Andrew Gikas, Dr Michelle Donegan

Bringing all the concepts together get up and running in dental sleep medicine practice – consent forms, educating staff, reporting back to referring practitioner, process for patients in current Australian/NZ health systems to obtain a sleep study or assessment for OSA if at risk, other FAQ

4:30

Q&A

5:00

Close



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