

# 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)



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# presenters



## **Dr Adam Teo** Dentist

Dr Adam Teo graduated with his dental degree from Griffith University in 2010. His practice has now focused to the field of dental sleep medicine full-time, treating patients suffering from obstructive sleep apnoea and snoring issues with mandibular advancement splints (oral appliances) and mentoring other dentists in achieving the best outcomes for their own patients.

Adam is a member of the Australian Dental Association (ADA), Australasian Sleep Association (ASA) and Sleep Health Foundation and keeps up to date with the latest knowledge by regular attendance at various seminars and conferences. He currently is undergoing his Masters of Science in Medicine (Sleep Medicine) degree through the University of Sydney and is Co-Chair of the national ASA Dental Sleep Medicine Council.



## **Dr Roo Killick** Respiratory and Sleep Physician

Dr Roo Killick is a Sleep Physician and sees patients with a range of sleep disorders.

She is a graduate of Cambridge and London Universities before moving to Australia in 2001. She completed her FRACP in 2008 after specialist training at Royal Prince Alfred Hospital and St Vincent's Hospital, Sydney.

She holds a PhD from Sydney University examining the metabolic and neurobehavioural effects of sleep loss, which resulted in the award of a university prize, along with awards at international conferences.

She continues to be involved in sleep clinical trials at the Honorary Affiliate with the Sleep & Circadian Group at the Woolcock Institute of Medical Research in Sydney.



## **A/Prof Andrew Chan** Respiratory and Sleep Physician

Associate Professor Andrew Chan is a Consultant Respiratory and Sleep Medicine Physician. He is a Senior Staff Specialist in the Department of Respiratory and Sleep Medicine, Royal North Shore Hospital, and the Deputy Director of the Centre for Sleep Health and Research, Royal North Shore Hospital. He is a Clinical Associate Professor at The University of Sydney School of Medicine.

Associate Professor Chan is the Secretary-elect of the New South Wales Branch of the Thoracic Society of Australia and New Zealand. He is a Leader of the Sleep Health Clinical Academic Group at Sydney Health Partners. He is an Associate Editor for SLEEP Advances, an official medical journal of the Sleep Research Society and the Australasian Sleep Association, published by Oxford University Press.



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**Dr Sheila Sivam**  
Respiratory and Sleep  
Physician

Dr. Sivam is a Respiratory and Sleep Specialist. After completing her medical training in Nova Scotia, Canada, she undertook further specialist training in Boston, Massachusetts and Pittsburgh, Pennsylvania, USA. In Sydney, she completed her Respiratory and Sleep Medicine Fellowship requirements at Royal Prince Alfred Hospital and Woolcock Institute of Medical Research (WIMR).

Dr. Sivam runs the Narcolepsy and Hypersomnolence Clinic at WIMR and is a member of the Australasian Sleep Association (ASA) Medicines Subcommittee, which is currently working on advocating for improved access to first line medications and research opportunities for narcolepsy and idiopathic hypersomnia.

In addition, she is a member of the ASA Hypersomnolence Data Registry Working Group. Dr. Sivam also works part time at the Royal Prince Alfred Hospital Cystic Fibrosis Service.



**Dr Lyndon Chan**  
Otolaryngologist

Dr Lyndon Chan is a specialist Ear, Nose, and Throat (ENT) surgeon based in Sydney, Australia. Originally from Brisbane, Dr Chan's pursuit of excellence has taken him throughout Australia, Singapore and USA. He is the only ENT surgeon in Australia to have completed 3 advanced sub-speciality fellowships in each of these countries.

Whilst he enjoys all treating all aspects of ENT disorders in adults and children, his passion and academic interests lie in snoring, sleep apnoea, sinus and nasal surgery.



**Dr Harry Ball**  
Dentist

Dr. Harry Ball graduated in dentistry from Melbourne University. He practiced from 1998- 2001 as a clinician in the TMD Pain Clinic at the Royal Melbourne Dental Hospital.

Since that time he has restricted his practice to the dental management of snoring, sleep apnoea, and TMD.

He has presented educational programs for dentists throughout Australia and overseas, as well as for general medical practitioners. He has completed research, about to be published, on the prevalence and impact of snoring in a population in Melbourne.



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**Dr Amanda Phoon Nguyen**  
Oral Medicine Specialist

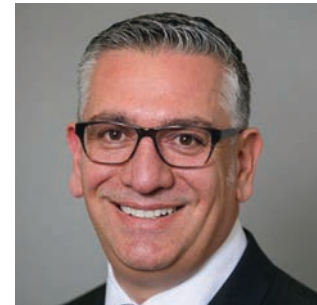
Amanda is a Perth Oral medicine specialist, Adjunct Senior Lecturer at the University of Western Australia, and Curtin University, and Consultant at Perth Children's Hospital.

She is the immediate past chair of the Australasian Sleep Association Dental Sleep Medicine Council. Her professional roles include chair of the Oral Medicine Academy of Australasia Education and Scientific committee, Examiner of Royal Australasian College of Dental Surgeons (RACDS) and she is on the Board of Studies in Oral Medicine for the RACDS.

She is President of Women in Dentistry WA, secretary of the Royal Australasian College of Dental Surgeons WA, Treasurer of the International Association for Dental Research (Perth region), on the board of directors of the Jaye Radisich Foundation and Uniting Smiles, and on various other committees. She was the former Treasurer and Vice President of the Australian Dental Association Western Australian (ADAWA).

Amanda has received multiple awards and commendations for her work, including an Australian Dental Association Valuable Service Award, RACDS College Service Award and multiple Fellowships. Her interests include adult and paediatric oral mucosal disease, orofacial pain, temporomandibular disorders and dental sleep medicine.

**panel members**



**Dr Andrew Gikas**  
Dentist



**Dr Rob Shea**  
Dentist



**Dr Michelle Donegan**  
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.



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Australasian Sleep Association  
ABN 51 138 032 014  
Level 1, 5 George St  
North Strathfield NSW 2137



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[sleep.org.au](http://sleep.org.au)

T +61 2 9920 1968 E [conference@sleep.org.au](mailto:conference@sleep.org.au)

# 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 **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

12:45 Q&A

1:00 Lunch

1:30 **Practical training in oral appliance therapy – Dr Adam Teo**  
**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 progress

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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[sleep.org.au](http://sleep.org.au)

T +61 2 9920 1968 E [conference@sleep.org.au](mailto:conference@sleep.org.au)