

## Reading list

This reading list is a compilation of the evidence base for questions included in the Fellow of Dental Sleep Medicine examination as at March 2022. It follows the [ten key topic areas](#) that the examination will cover. We recommend that you also ensure your reading covers all the sub-topics included in each key topic area.

Please note that some references appear in more than one key topic area. The second and subsequent appearances are marked with an asterisk (\*)

Many of the references are available via the hyperlinks included. ASA members also have automatic free access to the journals SLEEP and SLEEP Advances through the [Journals page](#) of our website. You'll need to be logged in to access this page.

### 1. Understand normal sleep including its physiology, and the pathophysiology of various sleep disorders with emphasis on sleep-disordered breathing

American Academy of Sleep Medicine. [International classification of sleep disorders](#). 3rd ed. Darien, IL: American Academy of Sleep Medicine; 2014

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Borbely AA, Tobler I. (1985) Homeostatic and circadian principles in sleep regulation in the rat. In: McGinty DJ et al., editors. Brain mechanisms of sleep. New York: Raven Press. p 35–44.

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Carney, C. E., Buysse, D. J., Ancoli-Israel, S., Edinger, J. D., Krystal, A. D., Lichstein, K. L., & Morin, C. M. (2012). [The consensus sleep diary: standardizing prospective sleep self-monitoring](#). Sleep, 35(2), 287–302.

Chokroverty S (2017) Sleep Disorders Medicine. New York, NY: Springer New York.

Consensus Conference Panel, [Recommended Amount of Sleep for a Healthy Adult: A Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society](#), *Sleep*, Volume 38, Issue 6, 1 June 2015, Pages 843–844.

Cunali PA, Almeida FR, Santos CD, Valdrighi NY, Nascimento LS, Dal'Fabbro C, Tufik S, Bittencourt LR. [Prevalence of temporomandibular disorders in obstructive sleep apnea patients referred for oral appliance therapy](#). J Orofac Pain. 2009 Fall;23(4):339-44.



- Cunnington D, Junge M. [Chronic insomnia: diagnosis and non-pharmacological management](#). BMJ 2016; 355:i5819
- Diagnostic and Statistical Manual of Mental Disorders (DSM-5) – Sleep Wake Disorders (p361)
- Dinges et al (1997) [Cumulative Sleepiness, Mood Disturbance, and Psychomotor Vigilance Performance Decrements During a Week of Sleep Restricted to 4–5 Hours per Night](#). Sleep 20: 267
- Gibbs, JE & Ray, DW (2013). [The role of the circadian clock in rheumatoid arthritis](#). Arthritis Research & Therapy, 15(205)
- Hamilton, G. and Chai-Coetzer, C., 2019. [Update on the assessment and investigation of adult obstructive sleep apnoea](#). Australian Journal of General Practice, 48(4), pp.176-181.
- [International Classification of Sleep Disorders](#) (2014) 3<sup>rd</sup> Edition. American Academy of Sleep Medicine
- Jackson et al (2019) [Clinical depression in untreated obstructive sleep apnea: examining predictors and a meta-analysis of prevalence rates](#). Sleep Medicine, 62: 22-28
- James et al (2017). [Shift work: Disrupted circadian rhythms and sleep – implications for health and wellbeing](#). Curr Sleep Med Reps, 3, 104-112
- Johns MW. [Reliability and factor analysis of the Epworth Sleepiness Scale](#). Sleep. 1992 Aug;15(4):376-81.
- Jorgensen, G., Downey, C., Goldin, J. et al. [An Australasian Commentary on the AASM Manual for the Scoring of Sleep and Associated Events](#). Sleep Biol. Rhythms 2020, 18, 163–185
- Paruthi et al. (2016) [Recommended Amount of Sleep for Pediatric Populations: A Consensus Statement of the American Academy of Sleep Medicine](#). J Clin Sleep Med; 12(6): 785-786.
- Rasch B, Bor J. (2013) [About sleep's role in memory](#). Physiol Rev. 93(2): 681–766.
- Roenneberg T, Daan S, Mellow M. [The art of entrainment](#). J Biol Rhythms 2003;18:183–94.
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- Sanders AE, Essick GK, Fillingim R, et al. [Sleep apnea symptoms and risk of temporomandibular disorder: OPFERA cohort](#). J Dent Res. 2013;92(7 Suppl):70S-7S
- Saper, C.B., Cano, G. and Scammell, T.E. (2005), [Homeostatic, circadian, and emotional regulation of sleep](#). J. Comp. Neurol., 493: 92-98.
- Schutte-Rodin, S., Broch, L., Buysse, D., Dorsey, C., & Sateia, M. (2008). [Clinical guideline for the evaluation and management of chronic insomnia in adults](#). Journal of Clinical Sleep Medicine, 4(5), 487–504.
- Sleep Foundation (2021) [Sleep Diary](#)



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Sleep Health Foundation (2017) [Asleep on the job: costs of inadequate sleep in Australia](#)

Vetter, C (2018). [Circadian disruption: What do we actually mean?](#) European Journal of Neuroscience 51(1):531-550

Walker, WH et al (2020) [Circadian rhythm disruption and mental health](#). Translational Psychiatry, 10: Article 28

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Yaremchuk K, Wardrop PA (eds) (2011) Sleep Medicine. Plural Publishing. ISBN: 9781597563550

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## 2. Understand diagnostic sleep testing in sleep disordered breathing

Andrade, R. G., Viana, F. M., Nascimento, J. A., Drager, L. F., Moffa, A., Brunoni, A. R., ... & Lorenzi-Filho, G. (2018). [Nasal vs oronasal CPAP for OSA treatment: a meta-analysis](#). Chest, 153(3), 665-674.

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Collop, N. A., Anderson, W. T., Boehlecke, B., Claman, D., Goldberg, R., Gottlieb, D. J., ... & Schwab, R. (2007). [Clinical guidelines for the use of unattended portable monitors in the diagnosis of obstructive sleep apnea in adult patients](#). J Clin Sleep Med, 3(7), 737-747.

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### **3. Demonstrate knowledge of oral appliance therapy for sleep disordered breathing as well as other evidence-based treatments**

Attanasio R, Bailey D (2010) *Dental management of sleep disorders*, Wiley-Blackwell (p.184) (p. 206-215) (p. 229)

Australian Dental Association Policy Statement 6.7 – [Use of Dental Appliances to Treat Sleep-Disordered Breathing](#)

Australian Dental Association Policy Statement 6.8 – [Evidence-Based Dentistry](#)

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Cowan, D. C., & Livingston, E. (2012). [Obstructive sleep apnoea syndrome and weight loss: review](#). Sleep disorders, 2012, 163296.

\* Cunnington D, Junge M. [Chronic insomnia: diagnosis and non-pharmacological management](#). BMJ 2016; 355:i5819

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Demko, G. [The Evolution of Oral Appliance Therapy for Snoring and Sleep Apnea: Where Did We Come From, Where Are We, and Where Are We Going?](#) Sleep Med Clinic 13 (2018) 467-487

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Kirshenblatt S, Chen H, Dieltjens M, Pliska B, Almeida FR. [Accuracy of thermosensitive microsensors intended to monitor patient use of removable oral appliances](#). J Can Dent Assoc 2018;84:i2

Kompelli, A. R., Ni, J. S., Nguyen, S. A., Lentsch, E. J., Neskey, D. M., & Meyer, T. A. (2018). [The outcomes of hypoglossal nerve stimulation in the management of OSA: A systematic review and meta-analysis](#). World Journal of Otorhinolaryngology - Head and Neck Surgery, 5(1), 41–48.



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Ngiam, J et al (2018) Oral Appliance Therapy for Sleep-Disordered Breathing. In C.S. Farah et al. (eds.), Contemporary Oral Medicine, (p 1-14) Springer.

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Perlis M, Aloia M, Kuhn B. (2011). Behavioral treatments for sleep disorders a comprehensive primer of behavioral sleep medicine interventions (1st ed.). Amsterdam: Elsevier.

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Stasche N. (2006). [Selective indication for positive airway pressure \(PAP\) in sleep-related breathing disorders with obstruction](#). GMS Current Topics in Otorhinolaryngology, Head and Neck Surgery, 5, Doc06. Sleep Foundation (2021) [Sleep hygiene](#)

Sutherland K, Phillips CL, Cistulli PA. [Efficacy Versus Effectiveness in the Treatment of Obstructive Sleep Apnea: CPAP and Oral Appliances](#). Journal of Dental Sleep Medicine 2015;2(14):175-181

Trauer JM, Qian MY, Doyle JS, Rajaratnam SM, Cunnington D. [Cognitive Behavioral Therapy for Chronic Insomnia: A Systematic Review and Meta-analysis](#). Ann Intern Med;163:191–204. doi: 10.7326/M14-2841

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## 4. Dental sleep medicine history taking, examination and imaging for patient selection and treatment planning

American Association of Dental Sleep Medicine - [Informed consent form](#)

Chung KF, Tso KC. [Relationship between insomnia and pain in major depressive disorder: A sleep diary and actigraphy study](#). Sleep Med. 2010 Sep;11(8):752-8.

Dental Board of Australia. [Code of conduct](#)

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## 5. Oral appliance selection based on history, examination and design features and impression taking, bite registration and fitting

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## 6. Assess effectiveness and titrate oral appliance

Petri N, Christensen IJ, Svanholt P, Sonnesen L, Wildschiodtz G, Berg S. [Mandibular advancement device therapy for obstructive sleep apnea: a prospective study on predictors of treatment success](#). Sleep Medicine. 2019;54:187-94.

Sutherland K, Takaya H, Qian J, Petocz P, Ng AT, Cistulli PA. [Oral Appliance Treatment Response and Polysomnographic Phenotypes of Obstructive Sleep Apnea](#). J Clin Sleep Med. 2015;11(8):861-8.

## 7. Long-term follow-up of patients in oral appliance therapy

Browman CP, Sampson MG, Yolles SF, Gujavarty KS, Weiler SJ, Walsleben JA, Hahn PM, Mitler MM. [Obstructive sleep apnea and body weight](#). Chest. 1984 Mar 1;85(3):435-6.

College of Dental Surgeons of British Columbia. (2014) [Obstructive sleep apnea. The role of dentists in the treatment of snoring and obstructive sleep apnea with oral appliances](#).

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Kuna ST, Giarraputo PC, Stanton DC, Levin LM, Frantz D. [Evaluation of an oral mandibular advancement titration appliance](#). Oral Medicine 2006;101(5):593-603.

Pantin CC, Hillman DR, Tennant M. [Dental side effects of an oral device to treat snoring and obstructive sleep apnea](#). Sleep. 1999 Mar 1;22(2):237-40.

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## **8: Understand the diagnosis and management of paediatric sleep disordered breathing**

Brouillette et al. [Nocturnal Pulse Oximetry as an Abbreviated Testing Modality for Pediatric Obstructive Sleep Apnea](#). Pediatrics. 2000; 105 (2): 405-412.

Carskadon MA. (2011) [Sleep in Adolescents: The Perfect Storm](#). Pediatr Clin North Am. 58(3): 637-647



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Castroflorio et al. (2015) [Risk factors related to sleep bruxism in children: A systematic literature review](#). Arch Oral Biol; 60(11): 1618-24.

Guo et al. [The Risk Factors Related to Bruxism in Children: A Systematic Review and Meta-Analysis](#). Arch Oral Biol 2018; 86: 18-34.

Hagenauer, M. H., Perryman, J. I., Lee, T. M., & Carskadon, M. A. (2009). [Adolescent changes in the homeostatic and circadian regulation of sleep](#). Developmental Neuroscience, 31(4), 276–284.

Lee et al. (2018) [Prevalence of Obstructive Sleep Apnea in Children with Down Syndrome: A Meta-analysis](#). J Clin Sleep Med 14 (5): 867-875.

Marcus et al. [Diagnosis and Management of Childhood Obstructive Sleep Apnea Syndrome](#). Pediatrics 2012; 130:576

Marcus et al. [Obstructive Sleep Apnea in Children with Down Syndrome](#). Pediatrics 1991; 88 (1): 132-139.

Maris et al. (2016) [Prevalence of Obstructive Sleep Apnea in Children with Down Syndrome](#). Sleep 39 (3): 699-704.

Owens et al. (2017) [Insufficient Sleep in Adolescents: Causes and Consequences](#). Pediatrics 69 (4): 326-336.

\* Paruthi et al. (2016) [Recommended Amount of Sleep for Pediatric Populations: A Consensus Statement of the American Academy of Sleep Medicine](#). J Clin Sleep Med; 12(6): 785-786.

Powell et al. [Paediatric Obstructive Sleep Apnoea](#). BMJ 2010; 340:c1918

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