



Network News



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Dental Sleep Medicine

Dental sleep medicine focuses on oral appliance therapy to manage sleep-disordered breathing, including snoring and obstructive sleep apnea (OSA) [1]. OSA, commonly described as a cessation of breathing during sleep as a result of airway collapse, is a public health concern. Severe OSA can increase one's risk of developing hypertension, heart attacks, or strokes, as well as motor vehicle accidents [2].

Continuous positive airway pressure is the most often prescribed treatment although the FDA has cleared more than 100 oral appliances to treat OSA, and this is where dental sleep medicine practice plays a role [3]. [Click here to go to the Quick Poll.](#)

FYI: all Quick Poll data are captured anonymously, so we have no way of identifying who responded.

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