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## Book information

**Authors:** Steve Carstensen / Ken Berley

**Title:** The Clinician's Handbook for Dental Sleep Medicine

**Short text:**

Millions of Americans suffer from OSA, and at least one patient in five has mild OSA. Whereas patient compliance with CPAP therapy is unacceptably low (between 25% and 50%), dentists can provide a viable alternative therapy—oral appliance therapy (OAT)—that results in much better compliance. This book clearly delineates the dentist's role in the treatment of sleep-related breathing disorders, with practical advice for incorporating dental sleep medicine into an existing dental practice, including step-by-step instructions for examination, appliance selection, and follow-up care as well as how to work with sleep physicians. Complications of OAT, legal issues, and medical insurance and Medicare considerations are also covered. This updated edition includes contributions from experts in physical therapy, myofunctional therapy, and rhinomanometry, as well as advice on proper breathing by breathwork training expert Patrick McKeown.

**Contents**

- Clinical Guide for the Practice of Dental Sleep Medicine
- An Overview of Sleep and Sleep Disorders
- Dental Sleep Medicine Protocols and Practice
- Integrating Dental Sleep Medicine into Your Practice
- Treatment Decisions and Appliance Selection
- Delivery of a Custom MAD
- Complications of Oral Appliance Therapy
- Evaluating Therapy and Ongoing Care
- The New Reality
- Legal Issues Related to the Practice of Dental Sleep Medicine
- Medical Insurance and Medicare
- Pediatric Airway Problems
- Myofunctional Therapy
- A Multidimensional Approach to Addressing Breathing and Sleep Disorders
- Collaborating With Physical Therapists
- Rhinomanometry

**Categories:** Functional Therapy, General Dentistry