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# SleepTALK™

A publication for dental, sleep and medical professionals specializing in sleep apnea. WINTER 2010



## Sleep deprivation in the workplace causes & solutions

The issue of inadequate sleep and its consequences has recently made news headlines. National agencies and large corporations are taking steps to deal with the problem of sleep deprivation in the workplace.

*A recent issue of Sleep Report stated:*

On October 20, the National Transportation Safety Board (NTSB) sent letters urging the Coast Guard and the Federal Motor Carrier Safety Administration (FMCSA) to ramp up OSA screening efforts for drivers. The NTSB recommended implementing programs to identify commercial drivers and licensed mariners at high risk for OSA, and requiring those drivers to provide evidence through the medical certification process of having been appropriately evaluated and effectively treated if needed.

*The article continued:*

In the letter addressed to Admiral Thad W. Allen, Commandant, US Coast Guard, the NTSB summarized the problem:

*"The relative risk of accident involvement for individuals with OSA is clearly elevated and quite clearly associated with the untreated disease."*



*Excerpt from Sleep Review Magazine, Sleep Report, Safety Board Pushes for OSA Screenings, November 4, 2009. For complete article go to: [www.sleepreviewmagazine.com](http://www.sleepreviewmagazine.com).*

A recent investigation of the NTSB resulted in six recommendations\* to the Federal Aviation Administration (FAA) regarding pilot fatigue and obstructive sleep apnea (OSA). The investigation concluded that two pilots flying from Honolulu to Hilo, Hawaii, in February 2008 fell asleep and flew past the plane's destination. The pilots traveled an additional 26 miles before waking up and returning to land safely at their destination.



The NTSB goes on to state, "Before the flight 1002 incident, the captain was unaware of his OSA, but he did have several symptoms and conditions that could have identified him as at high risk for OSA during at least two medical examinations before the incident."

*Excerpt from Sleep Review Magazine, NTSB Recommends Actions to Address Pilot Fatigue and Sleep Apnea, November 4, 2009.*

For complete article go to: [www.sleepreviewmagazine.com](http://www.sleepreviewmagazine.com).

Sleep Deprivation is also a serious concern in areas other than transportation. Statistics have been gathered and studies conducted for public service employees, shift workers and in corporate settings. Inadequate sleep due to obstructive sleep apnea is linked to many life-threatening diseases – and it affects productivity in the workplace. For PDF files of related articles please indicate on the enclosed business reply form.

Dental and medical professionals are being sought to treat diseases like obstructive sleep apnea. You have an opportunity to make a difference while building your practice. We urge you to learn about dental sleep medicine. Oral appliance therapy can save lives. If this is a right decision for your practice join the American Academy of Dental Sleep Medicine (AADSM). For information go to their website: [www.aadsm.org](http://www.aadsm.org).



We have compiled a list of seminars across the country on sleep, obstructive sleep apnea and oral appliance therapy. Please see page two for a seminar near you. DPS will have a booth at the AADSM meeting June 6-9 in San Antonio. Call or indicate on the enclosed business reply form if you would like information.

Please indicate on the enclosed business reply form if you would like any of the articles in this newsletter mailed to you or pdf files or links to websites emailed to you.

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## While you wait...

Educate yourself on sleep related topics and have books for your patients' information in your waiting room. The following are books we recommend.

**THE INSOMNIA ANSWER: A PERSONALIZED PROGRAM FOR IDENTIFYING AND OVERCOMING THE THREE TYPES OF INSOMNIA, by Paul Glovinsky, Ph.D, Art Spielman, Ph.D** – Based on cutting-edge knowledge of circadian rhythms developed in research labs for decades, this is the first sleep program that helps readers to self-diagnose and treat their particular type of insomnia. **\$10.17 at amazon.com.**

**SLEEP APNEA-THE PHANTOM OF THE NIGHT: OVERCOME SLEEP APNEA SYNDROME AND WIN YOUR HIDDEN STRUGGLE TO BREATHE, SLEEP, AND LIVE, by T. Scott Johnson, William A. Broughton, Jerry Halberstadt, and William Dement** – On-line editorial review: *There is more scientific, clinical, and practical information ... than is provided in most medical, respiratory, and nursing schools.* – Respiratory Care . **\$31.58 at amazon.com.**

## Sleep Medicine AND Dental Sleep Medicine Seminars

February 2010 THROUGH March 2010

DATE	MTG/TRAINING	ORGANIZATION	PLACE	
2/2010	February 11-14	Program (Dental Sleep Medicine)	Mark Abramson, DDS, creator of the OASYS <a href="http://www.oasysleep.com">www.oasysleep.com</a>	Monterey, CA (Pebble Beach)
2/2010	February 19-20	Meeting-Current Topics in Sleep Medicine	AASM (Am. Assoc. Sleep Medicine) <a href="http://www.aasmnet.org">www.aasmnet.org</a>	Phoenix, AZ
2/2010	February 19-20	Training-Growing Role of the Dentist in Sleep Disorders Medicine	The Sleep Education Consortium/ Dental Sleep Conference <a href="http://www.dentalsleepconference.com">www.dentalsleepconference.com</a>	Houston, TX
2/2010	February 20-21	Training Intro Course	AADSM (Am. Assoc. of Dental Sleep Medicine) <a href="http://www.aadsm.org">www.aadsm.org</a>	Phoenix, AZ
2/2010	February 21-22	Meeting-Business of Sleep Medicine	AASM (Am. Assoc. Sleep Medicine) <a href="http://www.aasmnet.org">www.aasmnet.org</a>	Phoenix, AZ
3/2010	March 5-6	Meeting-Sleep Health & Safety 2010	NSF (National Sleep Foundation) <a href="http://www.sleepfoundation.org">www.sleepfoundation.org</a>	National Harbor, MD
3/2010	March 30-31	Training-Behavioral Sleep Medicine, Intro to Psychology of Sleep Medicine	AASM (Am. Assoc. Sleep Medicine) <a href="http://www.aasmnet.org">www.aasmnet.org</a>	Oakbrook, IL
5/2010	May 22-26	Meeting	SRBR (Society for Research on Biological Rhythms)	Sandestin, FL

## How do I integrate dental sleep medicine into my practice?

This is a question I am asked often, usually from dentists who have attended a dental sleep medicine introductory course or lunch-and-learn programs. These dentists are inspired by the success of oral appliance therapy and they want to help their patients suffering from snoring and obstructive sleep apnea (OSA).

Many dentists have concerns about getting their staff and business office up to speed in order to effectively treat patients and manage work flow. This is a very exciting time for a dental office--often it is life changing. Every team member has an essential role to play.

The dentist's role in oral appliance therapy is far-removed from drilling and filling teeth. After attending training in oral appliance therapy and gaining expertise in oral appliance features, selection criteria, fitting and titration, most dentists develop their dental sleep medicine practices by:

- educating patients and their communities that dentists have treatment options for OSA

- counseling patients and spouses of patients whose lives are affected by snoring and OSA
- building relationships with the medical community and area sleep clinics
- continuing to learn and educate staff on the latest changes in oral appliance therapy

Hygienists have a critical role in treating patients suffering from snoring and sleep apnea. They are often the dentist's source for uncovering this hidden problem afflicting millions of Americans. As a value-added service to every cleaning, hygienists can screen patients for:

- snoring and sleep disordered breathing conditions
- medical conditions that are often co-morbid with sleep apnea
- family history and personal history of snoring and OSA
- anatomy that may cause obstructions to the airway

The business office will also play an important part as they help patients being treated for snoring and OSA, this will include:

- maintaining detailed patient files with complete histories from both the physician and dentist
- communicating with medical offices and sleep clinics about a mutual patient's choice to be treated with oral appliance therapy
- verifying, obtaining, and appealing possible denials of medical insurance benefits

DPS is prepared to help you launch dental sleep medicine in your practice. It would be our pleasure to discuss these new roles in detail. We have many resources available to our client dentists including customizable patient education brochures, snoring and OSA screening tools, tips for working with insurance companies and insurance forms, and effective stock letters for communicating with insurance companies and medical offices. We would be happy to help you.

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