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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

Chapter 01. Clinical Guide for the Practice of Dental Sleep Medicine  
Chapter 02. An Overview of Sleep and Sleep Disorders  
Chapter 03. Dental Sleep Medicine Protocols and Practice  
Chapter 04. Integrating Dental Sleep Medicine into Your Practice  
Chapter 05. Treatment Decisions and Appliance Selection  
Chapter 06. Delivery of a Custom MAD  
Chapter 07. Complications of Oral Appliance Therapy  
Chapter 08. Evaluating Therapy and Ongoing Care  
Chapter 09. The New Reality  
Chapter 10. Legal Issues Related to the Practice of Dental Sleep Medicine  
Chapter 11. Medical Insurance and Medicare  
Chapter 12. Pediatric Airway Problems  
Chapter 13. Myofunctional Therapy  
Chapter 14. A Multidimensional Approach to Addressing Breathing and Sleep Disorders  
Chapter 15. Physical Therapy  
Chapter 16. Rhinomanometry

**Categories:** Functional Therapy, General Dentistry