

Sleep is a Team sport

For MDs, Dentists, Medical Practitioners



The advertisement features a woman on the left and a central diagram of symptoms for Obstructive Sleep Apnea. The diagram consists of a central blue hexagon labeled "Obstructive Sleep Apnea" surrounded by ten white hexagons, each containing a symptom. Below the diagram is the text "We can help to improve your sleep for a great life!" and a small "50%" icon.

Drinking and Clenching of Teeth	Cardiac Problems	Stroke High Blood Pressure	Excessive Tiredness
GERD	Memory Problems and Inability to think correctly	Obstructive Sleep Apnea	Increased Irritability
Headaches	Weight Problems	Impotence & Lack of Sex Drive	Increased traffic and workplace accidents
Migraines			

We can help to improve your sleep for a great life!

Sleep apnea: breathing-snoring help

Private group · 662 members



Harmony Dental Arts Sleep Therapy

Dr. Maria Sokolina DDS

Facebook Sleep Apnea: breathing, snoring help

315 West 57 st, #209, 10019

1066 Clifton Ave, Clifton, NJ 07013

973-777-2731

John



Sleep and breathing disorders

20% of population

have it

87% Undiagnosed or

untreated



Sleep disorders 33% of population

10 Secrets of Successful Collaboration in Sleep medicine

Drinking and Clenching of Teeth

Cardiac Problems

Stroke High Blood Pressure

Excessive Tiredness

Sore

Memory Problems and inability to think correctly

Obstructive Sleep Apnea

Increased Irritability

Headaches

Weight Problems

Impatience & Lack of Sex Drive

Increased traffic and workplace accidents

Migraines

We can help to improve your sleep for a great life!

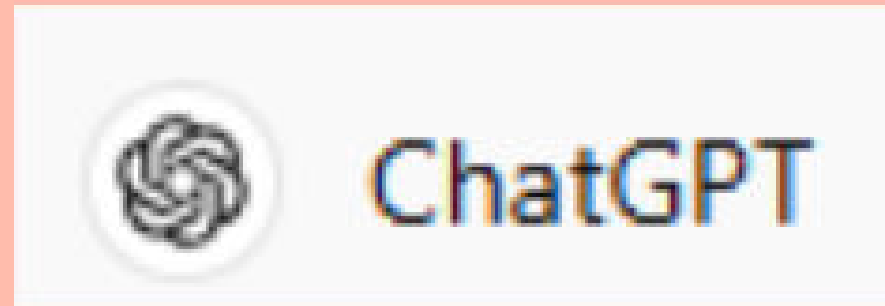
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Sleep apnea: breathing-snoring help

Private group · 642 members

Invite Share

Use AI to generate personalized recommendations and explain therapy



Date	Home Sleep Study	RDI	AHI	Supine	Side	SpO2	REM Sleep
11/25/2024	Home Sleep Study	21	13	26	7	90	00
7/9/2024	Home Sleep Study	41	23	57	28	84	00
3/5/2024	Home Sleep Study	44	24	55	27	84	00

Discuss SS w/pt

1. positional therapybsleep noodle or ZZoma
2. all nasal hygiene - pt does not like gel
3. Letter to Dr.Naomi and all MD
4. do TMJ exercise from my video and warm compresses - feel better I need to send letter to Rosemarie and Dr.Bassel Naomi about therapy results compare SS

Subject: Sleep Study Results and Therapy Recommendations for [Patient Name]

Dear Dr. Naomi and Rosemarie,

I hope this message finds you well. I recently discussed the patient's updated sleep study results and outlined the next steps in their treatment plan.

Sleep Study Comparison and Observations:

The patient's RDI and AHI metrics have shown fluctuations:

- 11/25/2024: RDI: 21, AHI: 13 (Supine: 26/16) – SpO2: 90%
- 7/9/2024: RDI: 41, AHI: 23 (Supine: 57/33) – SpO2: 84%
- 3/5/2024: RDI: 44, AHI: 24 (Supine: 55/34) – SpO2: 84%

There is clear evidence that positional therapy can have a significant impact on improving sleep quality and metrics.

Therapy Recommendations Discussed with Patient:

1. Positional Therapy:
 - I recommended the use of devices such as the Sleep Noodle or ZZoma to help the patient avoid supine sleep and reduce AHI/RDI scores.
2. Nasal Hygiene:
 - The patient has been advised to follow a strict nasal hygiene routine.
 - As the patient does not prefer gels, alternative options like saline rinses and nasal sprays

Secret 2.

Treatment Success Depends on Nasal Breathing

Before nasal surgery



After nasal surgery

Friedman M, Tanyeri H, Lim JW, Landsberg R, Vaidyanathan K, Caldarelli D. Effect of improved nasal breathing on obstructive sleep apnea. *Otolaryngol Head Neck Surg.* 2000 Jan;122(1):71-4. doi: 10.1016/S0194-5998(00)70147-1. PMID: 10629486.

Lavie P. Rediscovering the importance of nasal breathing in sleep or, shut your mouth and save your sleep. *J Laryngol Otol.* 1987 Jun;101(6):558-63. doi: 10.1017/S0022215100102245. PMID: 3298509.

Additional Strategies for Incomplete Symptom Resolution

Nose irrigation with Saline or Xylitol



Natural Antibacterial

Rinse Prior to Corticosteroid Nasal Spray
Soothing Saline Nasal Rinse • pH Balanced

The Original & Patented
SINUS RINSE™ Kit
Nasal Symptoms From Flu & Cold
Nasal Congestion Nasal Allergies

50
Premixed
Packets

Replace Bottle Every 3 Months
NeilMed
Sinus Rinse - Xylitol

NeilMed
Sinus Rinse - Xylitol

NeilMed
Sinus Rinse - Xylitol

Artur C. Mulla, M.D.
Developer & Founder

www.neilmed.com

Nose patency

Nasal dilation addresses:

- ✓ Congestion
- ✓ Blockages
- ✓ A deviated septum
- ✓ Narrow airways



mu:te



Improves

SIZE IS IMPORTANT

MUTE COMES IN THREE SIZES WHICH CAN BE FURTHER ADJUSTED TO EACH NOSTRIL.

WE ST... TO F...



SMALL
3 x PACK
(30 NIGHT SUPPLY)

MEDIUM
3 x PACK
(30 NIGHT SUPPLY)

LARGE
3 x PACK
(30 NIGHT SUPPLY)



boom.boom

MOUTH TAPING

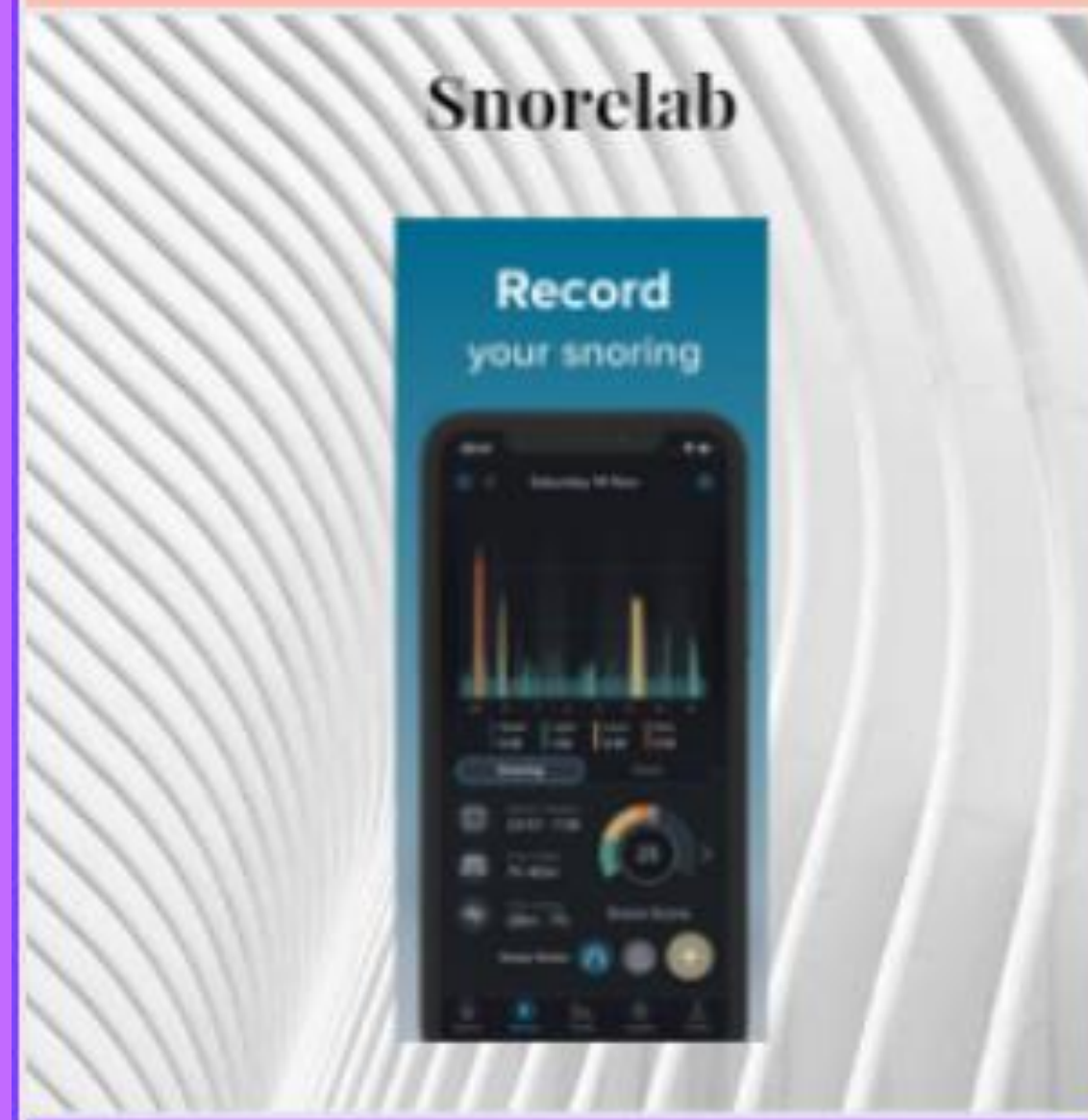
How to train yourself to breathe through your nose



Lavie P. Rediscovering the importance of nasal breathing in sleep or, shut your mouth and save your sleep. *J Laryngol Otol.* 1987 Jun;101(6):558-63. doi: 10.1017/S0022215100102245. PMID: 3298509.

Lee YC, Lu CT, Cheng WN, Li HY. The Impact of Mouth-Taping in Mouth-Breathers with Mild Obstructive Sleep Apnea: A Preliminary Study. *Healthcare (Basel).* 2022 Sep 13;10(9):1755. doi: 10.3390/healthcare10091755. PMID: 36141367; PMCID: PMC9498537.

Accountability coaching



Go2sleep
Sleepon

Kang HS, Exworthy M. Wearing the Future-Wearables to Empower Users to Take Greater Responsibility for Their Health and Care: Scoping Review. JMIR Mhealth Uhealth. 2022 Jul 13;10(7):e35684. doi: 10.2196/35684. PMID: 35830222; PMCID: PMC9330198.

Secret 3. Adjust Treatments as Life Circumstances Change

‘To improve treatment strategies, Hamoda and colleagues³ have shown that the alternating use of continuous positive airway pressure (CPAP) and oral appliance leads to a sustained adherence and efficacy after at least 6 months of treatment when compared with CPAP or oral appliance alone.’

C

Continuous Positive Airway Pressure and Mandibular Advancement Splints: The CHOICE Multi-center Open-Label Randomized Clinical Trial

• [Jean-François Masse](#), [Mona M Hamoda](#)

The View of a Dental Sleep Medicine Clinician and Researcher of the Future of the Field Fernanda Almeida, DDS, PhD

<https://www.aadsm.org/docs/jdsm.10.10.2022.ltte1.pdf>



Orthodontics and Myofunctional therapy

MYOFUNCTIONAL THERAPY GOALS

1. Tongue on a spot
2. Lips together
3. Breathing through the nose
4. Correct swallowing



Current literature demonstrates that myofunctional therapy decreases AHI by approximately 50% in adults and 62% in children. Lowest oxygen saturation, snoring, and sleepiness outcomes improve in adults. Myofunctional therapy could serve as an adjunct to other OSA treatments.



Secret 4 Find and Evaluate Qualified Specialists

Clinical Practice Guideline for the Treatment of Obstructive Sleep Apnea and Snoring with Oral Appliance Therapy: An Update for 2015

An American Academy of Sleep Medicine and American Academy of Dental Sleep Medicine Clinical Practice Guideline

<http://dx.doi.org/10.15331/jdsm.4868>

Kannan Ramar, MBBS, MD¹ ; Leslie C. Dort, DDS² ; Sheri G. Katz, DDS³ ; Christopher J. Lettieri, MD⁴ ; Christopher G. Harrod, MS⁵ ; Sherene M. Thomas, PhD⁵ ; Ronald D. Chervin, MD⁶

Myofunctional therapist directory



AOMT

ACADEMY *of* OROFACIAL
MYOFUNCTIONAL THERAPY

IAOM

INTERNATIONAL ASSOCIATION
of OROFACIAL MYOLOGY

AMERICAN ACADEMY OF DENTAL SLEEP MEDICINE®

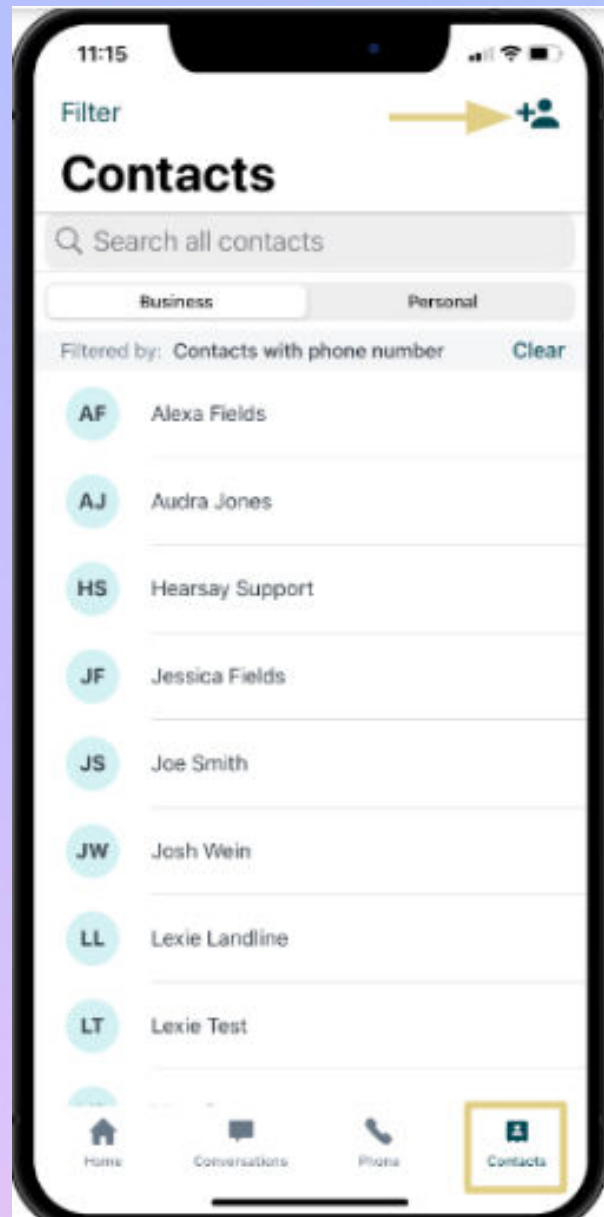
FIND-AN-AADSM-
DENTIST
DIRECTORY

Find a local qualified dentist

ABDSM Diplomate Certification



Secret 5. Build Open Communication with Collaborators



Texts between healthcare providers must be HIPAA compliant to protect patient privacy and secure electronic protected health information (PHI). HIPAA regulations cover all communication channels, requiring safeguards to prevent unauthorized access.

Secret 6. Share Expectations for Quality Standards

- 1. Refer patients for a sleep study (SS) after active therapy.**
 - 2. Annual evaluations by a sleep doctor.**
 - 3. Repeat SS every five years or upon 10% weight change.**
- 4. Course of action when OAT is not working well: AHI > 5 remains despite of therapy or getting worse**

Secret 7. Titration in Sleep Lab or Multiple Night Sleep Study of Oral Appliance in Different Positions



Single-Night Titration of Oral Appliance Therapy for Obstructive Sleep Apnea
A Step Forward?

[Peter A. Cistulli](#), , and [Helen Gotsopoulos](#) ,

Almeida FR, Parker JA, Hodges JS, Lowe AA, Ferguson KA. Effect of a titration polysomnogram on treatment success with a mandibular repositioning appliance. J Clin Sleep Med. 2009 Jun 15;5(3):198-204. PMID: 19960638; PMCID: PMC2699162.

Secret 8. Ongoing Education and Training



Dental appliance fabrication. Digital flow

3D Xray



Dental scan



Evaluation of nose, sinus, TMJ, Airway size

Patient needs compliance report for renewal of professional license



Patient has severe occlusal forces and want very thin appliance without buccal intrusion

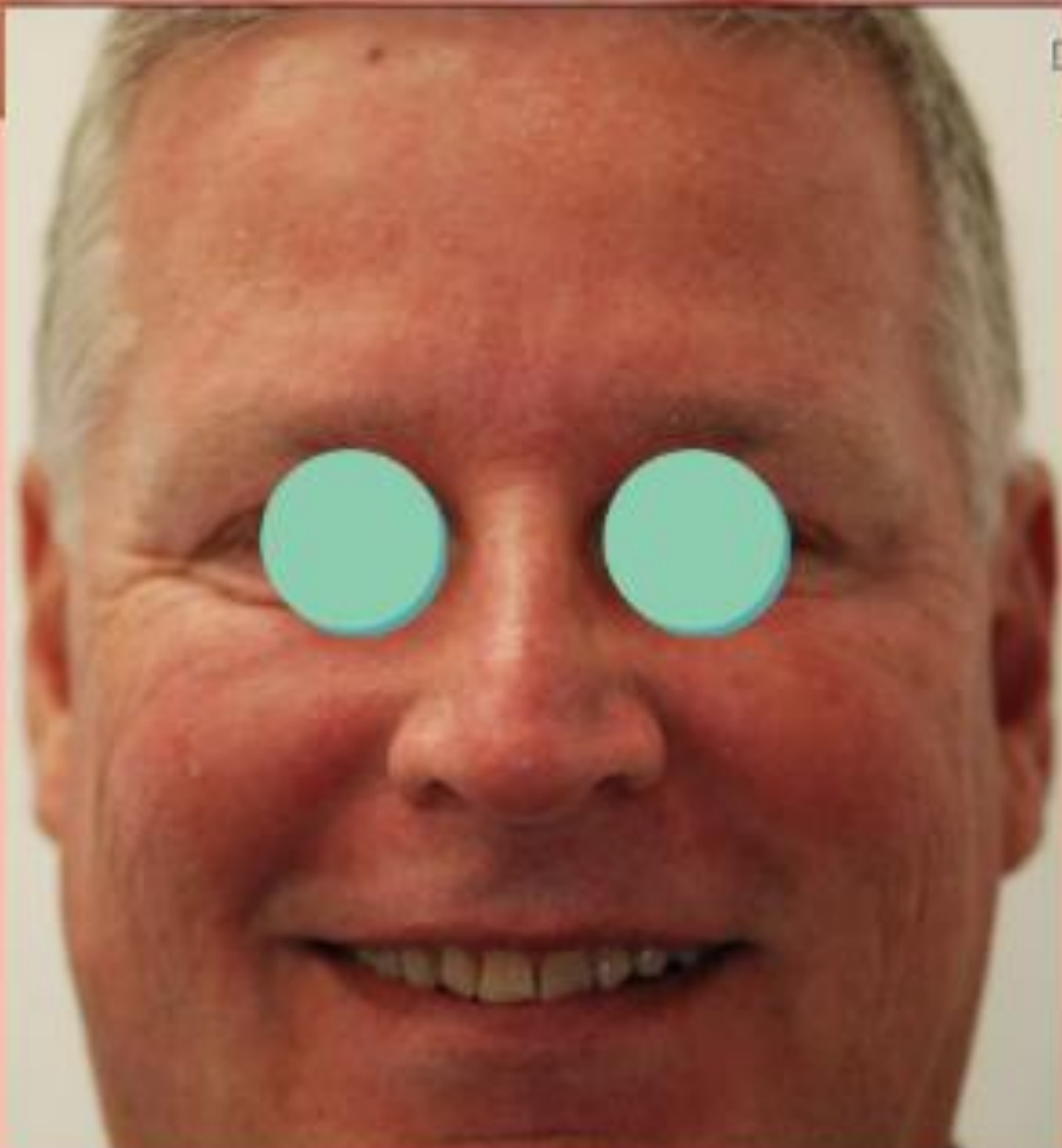


Serena 4A, 9A Elevate

Can Orthodontics and Restorative Dentistry Be Done in Conjunction with Oral Appliance Therapy?



Clear aligners sleep appliance by Sleep Archtx



Tongue tie release with oral surgeon



Preparation for orthognatic surgery



de Leyva P, Eslava JM, Hernández-Alfaro F, Acero J. Orthognathic surgery and aligners. A comparative assessment of periodontal health and quality of life in postsurgical orthodontic treatment with aligners versus traditional fixed appliances: a randomized controlled trial. *Med Oral Patol Oral Cir Bucal*. 2023 May 1;28(3):e208-e216. doi: 10.4317/medoral.25555. PMID: 37026606; PMCID: PMC10181033.

Oasys Sleep Appliance



Secret 9. Collaborating for Pediatric Sleep Apnea

- Early screening and diagnosis Pediatric Sleep Questionnaire (PSQ) or ask parents about snoring, restless sleep, or behavior changes.
 - ENTs for assessing and managing enlarged tonsils and adenoids.
- Orthodontists for maxillary expansion and correction of craniofacial abnormalities.
- Myofunctional therapy to improve oral muscle tone and address tongue posture issues.
 - Educate parents and caregivers about the risks of untreated pediatric sleep apnea, including cognitive and behavioral issues.

Common Symptoms of Sleep Disordered Breathing



Allergies
Asthma



Nightmares
Night Terrors



Stunted
Growth



Mouth-Open
Eating



Learning
Difficulties



Butt-Up
Sleeping



ADD
ADHD



Bed
Wetting



Night
Sweats



Delayed
Speech



Daytime
Sleepiness



Aggression
Defiance



Bullying
Others



Frequent
Colds

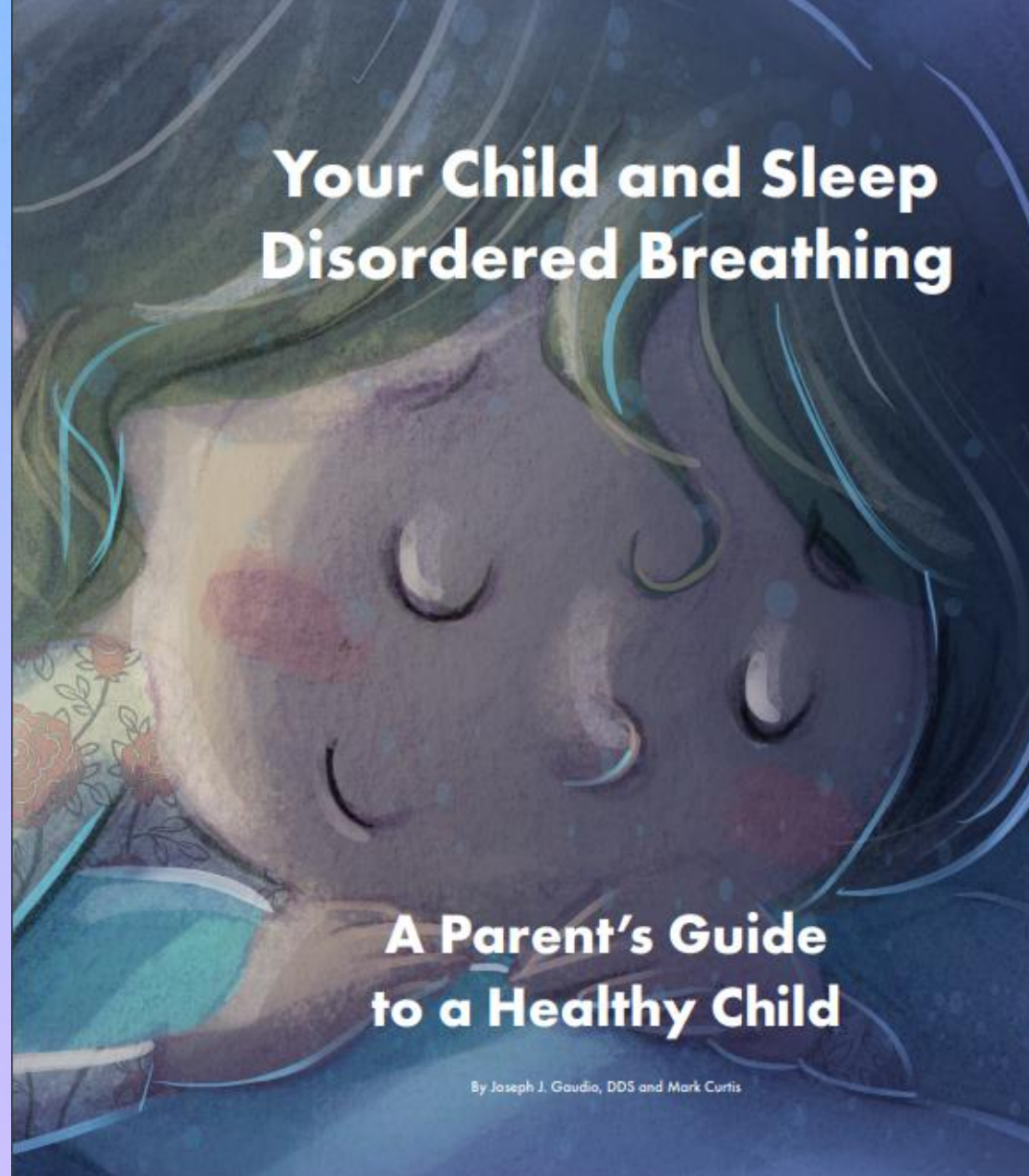


Anxiety
Attacks



Restless
Legs

Your Child and Sleep Disordered Breathing



A Parent's Guide to a Healthy Child

By Joseph J. Gaudio, DDS and Mark Curtis

Traditional Treatments

Traditionally, physicians have offered parents of children with these issues many options to assist their children such as:

- | | |
|---------------------|-----------------------|
| Psychotropic Drugs | Amphetamines |
| Psychiatric Testing | Counseling/Therapy |
| Surgery | Sleep Aids |
| Tooth Extractions | HGH Injections |
| Sleep Studies | Allergy Testing |
| Special Education | Tutoring |
| Braces | Behavior Modification |

The Real Culprit

Children's Sleep Disordered Breathing is a silent thief who steals away your child's oxygen at night.

More technically, SDB is a physical deformity that lowers a child's oxygen levels during sleep.

Children's Sleep Disordered Breathing also prevents children from getting good, restorative sleep.

Over time, that could contribute towards behavioral problems like ADHD, Anxiety, Bullying and Bed Wetting.

The lowered oxygen level may also trigger physical problems like Delayed Speech, Crooked Teeth, Chronic Fatigue and Sleep Apnea.

Sometimes SDB frustratingly mimics the symptoms of more serious diseases.



Where Did SDB Come From?

Anthropologist Dr. Robert Corruccini spent 30 years traveling around the world studying indigenous populations. He arrived at a definitive conclusion: Children's Sleep Disordered Breathing was nowhere to be found in the children of these cultures.

In fact, kids' oral and facial structures are very healthy and functional in cultures where:

- Breastfeeding begins at birth and continues into the third year of life.
- Children are weaned onto intact raw vegetables, tubers and fruit.

In "advanced" cultures we often:

- Never start breastfeeding or we move to a bottle within months of birth.
- Feed baby food that has been cooked and pureed into a soft mush.
- Use pacifiers to keep children "soothed".

The result?

By choosing technology and convenience over tradition, we "manufactured" SDB and many of the side effects that come with it in our children.



Commonality?

What do all of these commonly prescribed treatments have in common with each other?



Band Aids

They tend to be short term Band-Aids and address the symptoms but NOT the cause.

Dr. Joseph Gaudio, DDS

Secret 10. Demystify Insurance and Advocate for Options

1. Oral appliance therapy is covered by medical insurance as DME
2. Dentists can be in-network or out-of-network with Medicare
3. Dentists can ask for GAP exception if insurance has only in-network coverage for OAT

Insurance coverage

Medicare



TAP



Herbst

AARP Jobs Renew Membership & Benefits Members Edition AARP Rewards Register Login

Health Money Work & Jobs Social Security Medicare Caregiving Games Travel More... AARP EN ESPAÑOL Help

Get benefits + a free gift

- Save on prescription programs & services
- Double-earn with AARP Rewards membership
- Get a subscription to AARP The Magazine
- Save 15% on travel with AARP Privileges Program

\$12 For your first year entrance sign-up for Automatic Renewal

Join Today Renew Now

HEALTH

6 Health Benefits of Sleep Apnea Treatment

From better sleep and increased energy to improved heart health and mental clarity ... plus eight ways to treat this common condition

By Maria Sokolina, AARP
Published September 24, 2024 • EN ESPAÑOL

Forbes

FORBES > INNOVATION > HEALTHCARE

EDITORS' PICK

Struggling To Sleep? Your Dentist Might Be Able To Help

Maria Sokolina Contributor @
Dr. Maria Sokolina, DDS, covers sleep, breathing, and oral health.

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MED SHADOW FOUNDATION

Minimizing The Risks And Benefits Of Medications








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How to Treat Sleep Apnea to Improve Your Overall Health

Finding a sleep apnea treatment that works for you can help improve blood pressure, reduce GERD and lessen dependence on related medications.

Maria Sokolina, DDS in MedShadow/Articles on August 26, 2024 12 min read

	Case Report: Multidisciplinary Treatment of Obstructive Sleep Apnea and Dental Malocclusion	Article
	Sleep Apnea Therapy Isn't Wrong or Right—Only Right Now	Article
	A Successful Case of Combination Therapy Using Myofunctional Therapy, an Aligner Sleep Appliance, and Clear Aligners	Article
	The synergy of orthodontics and myofunctional therapy	Article
	Integrating OAT in Atrial Fibrillation Management for OSA Patients	Article
	An Incredible Tale of Mentorship: Tribute to Dr. Belfor	Article
	Meet Maria Sokolina, DDS	Article

I would be very honored if you become part of my community and share your Airway journey, your victories and your challenges



Instagram

Facebook group
Sleep apnea: Breathing, snoring help

The Facebook post features an infographic with a central purple hexagon labeled "OBSTRUCTIVE SLEEP APNEA". It is surrounded by eight other hexagons: "Allergic rhinitis and sinusitis", "Decreased health", "Headaches", "Weight problems", "Increased risk of car crash", "Decreased traffic and workplace accidents", "Depression", and "Snoring". To the left of the infographic is a photo of a woman. Below the infographic is a video player showing a woman speaking, with a name tag for "MARIA MORALES" and a title "DENTIST DENTAL SLEEP THERAPY". A name tag for "Rafaela Morales" is visible at the bottom of the video player.



YouTube