



American Academy of Dental Sleep Medicine Continuing Education Offering

Instructions for Earning Credit

A dentist with a current and valid license to practice dentistry in the US or abroad may read any or all of the selected continuing education (CE) articles in this issue of *Journal of Dental Sleep Medicine*, complete the CE evaluation form, and fax or mail the form to the AADSM to receive CE credit. There is no charge to members of the AADSM for this service. Nonmembers must pay a \$20 administrative fee. To earn credit, carefully read any or all of the articles designated for CE credit (see below) and complete the CE evaluation form. A verification of participation letter for CE credit will be faxed or mailed within 3 to 5 weeks. The individual dentist is responsible for maintaining a record of credit received.

Accreditation Statements

The AADSM is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Concerns or complaints about a CE provider may be directed to the provider or to ADA CERP at www.ADA.org/cerp. The AADSM designates this activity for a maximum of .5 CE credits per article. Each participant should claim only those credits that he/she actually spent in the educational activity.



Statement of Educational Purpose / Overall Education Objectives

The *Journal of Dental Sleep Medicine* (JDSM) aims to reflect the state of the art in the science and clinical practice of dental sleep medicine. The focus of JDSM is on the interaction between sleep-disordered breathing and dental medicine. Additionally, as sleep disorders are complex and their management multi-disciplinary, JDSM brings readers cutting-edge information about all common sleep disorders and disruptions. JDSM includes patient studies as well as basic science studies of the physiology and pathophysiology of sleep disorders. JDSM also includes studies that illustrate clinical approaches to diagnosis and treatment.

About the AADSM

The American Academy of Dental Sleep Medicine (AADSM) is a professional membership organization promoting the use and research of oral appliances and oral surgery for the treatment of sleep disordered breathing and provides training and resources for those who work directly with patients. AADSM members collaborate with colleagues to learn about oral appliances and the role they play in the diagnosis and treatment of sleep-related breathing disorders. The AADSM helps educate practitioner dentists through clinical meetings that keep leading-edge ideas accessible and establishes and maintains appropriate treatment protocol.

The following articles may be read and evaluated for .5 CE credits each:

Issue 1:

1. Adherence and Side Effects Among Patients Treated With Oral Appliance Therapy for Obstructive Sleep Apnea

Objective: Oral appliance therapy (OAT) is a common treatment for obstructive sleep apnea (OSA). The aim of this study was to evaluate the level of patient knowledge and concern for the consequences of untreated OSA, perceived partner satisfaction, and reported adverse effects, and relate these to patient adherence to OAT.

2. Role of Facial Pattern in Patients with Obstructive Sleep Apnea Among the South Indian (Chennai) Population: A Cross-Sectional Study

Objective: To assess the role of facial pattern as a contributing factor in patients with obstructive sleep apnea (OSA) and to study the relationship between craniofacial abnormalities, obesity, and severity of OSA.

Issue 2:

1. Self-Reported Sleep Quality With Mandibular Advancement Device or Continuous Positive Airway Pressure: A Randomized Clinical Trial on Patients With Mild and Moderate Obstructive Sleep Apnea

Objective: To compare self-reported sleep quality, treatment compliance, and respiratory event index (REI) after 4 months of treatment with mandibular advancement device (MAD) or continuous positive airway pressure (CPAP) in mild and moderate obstructive sleep apnea (OSA).

2. Three-Dimensional Changes in Skeletal/ Dental Landmarks With Use of Mandibular Advancement Device

Objective: The mandibular advancement device (MAD) is a treatment option for obstructive sleep apnea (OSA). The goal is to analyze and determine changes in the position of dental and skeletal structures between cone beam computed tomography (CBCT) images obtained from patients currently using the MAD as a treatment modality for OSA.

Issue 4:

1. Evaluating Efficacy of Mandibular Advancement Device in Patients With Essential Hypertension and Obstructive Sleep Apnea

Objective: Obstructive sleep apnea (OSA) has a close association with hypertension and often leads to uncontrolled hypertension. One treatment modality for mild to moderate OSA is the mandibular advancement device (MAD). The goal of the current study was to evaluate the effect of the MAD on blood pressure and sleep apnea severity.

2. Testing Dentists' General Sleep Knowledge With the ASKME Survey

Objective: Unhealthy sleep is an unmet public health problem with insufficient primary care providers identifying and treating sleep health problems in the general population. This research investigated the general sleep knowledge of two groups of dentists using the questions from a validated questionnaire. Results were compared to peer-reviewed published studies of physician groups over the past 15 years.

3. Importance of Dental Sleep Medicine as an Integral Part of Dental Curriculum

Objective: Dental sleep medicine (DSM) is a multidisciplinary specialty requiring the combined efforts of physicians in the diagnosis of obstructive sleep apnea (OSA) and dental practitioners in fabricating oral appliance therapy (OAT) in patients, who are contraindicated for positive airway pressure treatment. The comprehensive management of OSA involves the expertise of dental specialists of oral medicine, oral and maxillofacial surgery, orthodontics, and orofacial pain dysfunction fraternities. DSM-trained and -certified dentists, in collaboration with physicians, can aid in reducing the public health burden of undiagnosed and untreated sleep-related breathing disorders. However, very few dentists practice DSM in Saudi Arabia, which may be because of the insufficient teaching hours dedicated to this type of education.

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CE Evaluation Form**

Please use the following scale: 5 = Strongly Agree, 4 = Agree, 3 = Unsure, 2 = Disagree, 1 = Strongly Disagree

Educational Assessment	Issue 1 Article 1	Issue 1 Article 2	Issue 2 Article 1	Issue 2 Article 2	Issue 4 Article 1	Issue 4 Article 2	Issue 4 Article 3
I learned something new that was important	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
I verified some important information	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
I plan to discuss this information with colleagues	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
I plan to seek more information on this topic	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
My attitude about this topic changed in some way	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
This information is likely to impact my practice	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
I understood what the authors were trying to say	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
I was able to interpret the tables/figures (if applicable)	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
The presentation of the article enhanced my ability to read and understand it	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1

Additional comments and/or feedback: _____

What changes, if any, do you plan to make in your practice as a result of these articles? _____

I attest to having completed the CE activity (CE will not be verified without signature)

Signature: _____ Date: _____

Name: _____ Degree: _____

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Phone: _____ Fax: _____ Email: _____

Are you a member of the AADSM? (circle one): YES / NO (If no, complete the following payment information:

- Check made payable to AADSM for \$20 (US) is enclosed.
- Charge \$20 (US) to (check one): VISA MasterCard American Express

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Please return this completed form to the American Academy of Dental Sleep Medicine national office:

AADSM

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