

Big Changes for the JDSM

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The year 2020 has finally come to an end. What a year it has been with COVID. A lot has changed, but we will have to get used to adapting to new situations. In fact, it was Heraclitus who said about 2500 years ago that “the only constant in life is change” - so the concept is anything but new. In this editorial, I have outlined some of the key changes that occurred in 2020 that I believe will continue to impact dental sleep medicine.

Sleep is in

Though there is still a lot of work needed to advocate for the importance of dental sleep medicine (DSM), it seems that sleep finally became mainstream in 2020. Matthew Walker, author of the book *Why We Sleep*,¹ even has his own “Masterclass” next to artists such as Jeff Koons and Steve Martin. Quite a stretch for a sleep scientist! This illustrates that sleep has become “in fashion” and that the general public is now realizing the major impact of a good night’s sleep on their health. Besides, the Surgeon General’s Report, which will be published later this year should include sleep. Watch for a spotlight publication soon.

Infection Control is Also in

Infection control has been a major preoccupation of 2020. New ways of treating DSM patients have been implemented and more changes are to be expected. One can forecast, among other things, that impressions and appliance repair will be seen in a new perspective. Dentists will need to review our protocols, but dental laboratories will also have to review their way of doing things to minimize the risk of cross-infection to our patients and the lab staff. CPAP companies are also in this situation and will probably stop having a fleet of CPAP loaners for the patients to try. This could bring a major change in the CPAP-OA equilibrium.

Watch for Telemedicine

As discussed in the July editorial, telemedicine will now be considered to reduce unnecessary interactions at the clinic, while providing the same level of care. As proof, Invisalign now offers patients a Virtual Care Program.² This program allows patients to upload photographs so dentists can virtually monitor treatment progress. We could inspire

ourselves from this model.

JDSM is Evolving

Not to be left behind, the *Journal of Dental Sleep Medicine* will also change in 2021. It is with great enthusiasm that I am announcing upcoming changes for the journal. Even though the publication will remain very involved in the publication of scientific articles, part of the journal will be directed towards the clinical aspect of the DSM practice. We want the journal to relate to what its 3000 members are going through on a daily basis. Hence, not only do we need your comments, but your contribution is essential. [You can submit articles through the JDSM website.](#) To make sure those changes will be made according to the highest standards, we have involved two new clinical editors, Drs. Donald Farquhar and Imran Patel. Dr. Greg Essick is also being welcomed as a new associate editor. You can expect practice management articles, pro/con debates and articles on sleep team perspectives.

Changes will appear slowly - but keep on reading your journal! Happy new year everyone!

CITATION

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REFERENCES

1. Walker M. *Why we sleep*. Penguin Books. 2018.
2. Virtual Solutions. Invisalign Website. Accessed December 30, 2020. <https://cloud.news.aligntech.com/virtual-acceleration>

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