

AADSM Standards for Practice: An Update for 2025

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In 2018, the AADSM published its initial standards for screening, treating and managing adults with sleep-related breathing disorders. These standards were intended to outline an approach to patient management that underscored the necessary collaborative care between dentists and physicians and provide guidance for patient examination, patient screening, treatment management, education, and follow-up care. In 2022, these standards were updated to reflect updated literature and evolutionary trends in the field¹. Today, not even three years later, the AADSM Board of Directors felt it was necessary to update the standards once again to reflect the ever-evolving field of dental sleep medicine. I encourage you to read the full version of the *Dental Sleep Medicine Standards for Screening, Treatment, and Management of Sleep-Related Breathing Disorders in Adults Using Oral Appliance Therapy: An Update*, but below are some of the key updates:

1. The paper now specifies what parts of oral appliance therapy should be completed in person. As we all know from our daily discussion with patients about informed consent, oral appliance therapy may have adverse effects. Based on extensive clinical experience and professional expertise, these complications are best managed when the comprehensive DSM exam, impressions and construction bite registration are done in person prior to the appliance being fabricated.
2. The paper was modified to note that an effective OA is one that is FDA-cleared. This distinction was made in the AADSM's 2014 *Definition of an Effective Oral Appliance for the Treatment of Obstructive Sleep Apnea and Snoring*²; however, with the volume of different appliances now on the market claiming to be effective for snoring and sleep apnea, it was critical for patient safety to reiterate it in the standards paper.
3. Finally, the paper was edited to further clarify that qualified dentists who adhere to standards of care when treating patients with OSA or snoring are the

appropriate health care professionals to provide oral appliance therapy.

The AADSM *Dental Sleep Medicine Standards for Screening, Treatment, and Management of Sleep-Related Breathing Disorders in Adults Using Oral Appliance Therapy* is the cornerstone document for the AADSM. Not only does it serve as guidance for our dentists, but it also supports positions we take in our discussions with other healthcare organizations, regulatory bodies and payers. It is founded in the most current clinical knowledge and scientific literature on the topic of oral appliance therapy. I have no doubt that it will continue to evolve and be updated as new advances and evidence emerge.

CITATION

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DISCLOSURE STATEMENT

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