



ADVANCED DENTAL SLEEP TREATMENT CENTER®

Snoring & Sleep Apnea Solutions

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How do you screen for sleep apnea?



In 2017, the ADA released a Policy Statement recognizing the **vital role dentists play in managing sleep-related breathing disorders (SRBD)**. The statement encourages dentists to **screen patients for SRBD and refer them for diagnosis when necessary.**

Ways to Screen:

Intake

Consider adding these questions to your existing intake forms:

- Have you been told you snore?
- Do you wear a CPAP? Have you in the past? Or have you been told to get one?
- Have you had a sleep study? Or have you been told to get one?

Health History

Consider adding these questions to your health history forms:

- Heart disease
- Atrial fibrillation
- Type 2 diabetes
- Pulmonary hypertension
- Depression
- Anxiety

Clinically

Any of these can be a sign of sleep apnea:

- Retrognathic mandible
- Bruxism
- Tori
- Large tonsils
- TMJ pain
- High tongue level
- Scalloping

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[whywesnore.com/providers](https://www.whywesnore.com/providers) or fax us at: 877-811-8129**