



ADVANCED DENTAL SLEEP TREATMENT CENTER®

Snoring & Sleep Apnea Solutions

Melissa Sheets, DDS, DABDSM



Why can't a patient just call their dentist to see if they provide **oral appliance therapy** for sleep apnea?



Guidelines

The American Academy of Sleep Medicine's Clinical Practice Guidelines state that oral appliances **should be provided by a qualified dentist**, meeting specific educational criteria. Dr. Sheets not only meets these qualifications but has also earned the highest credential in the field as a Diplomate of the American Academy of Dental Sleep Medicine.



Experience

- We exclusively treat sleep apnea and snoring; we do no other dentistry
- We treat thousands of patients each year
- Dr. Sheets has treated sleep apnea patients with oral appliance therapy since 2009



Unique Capabilities

- In-house lab/expert to make repairs onsite so patients don't go without treatment
- In-house insurance coordination team to do all upfront and ongoing work to ensure patient coverage
- Follow-up testing with home sleep tests to ensure best treatment outcomes



Research



Research shows there is a difference in efficacy of those treated by experienced providers!

Results: Among 859 patients, OAs significantly reduced the apnea-hypopnea index. Even if the patients were not completely comparable from one practitioner to another, there was a significant heterogeneity in efficacy (complete or partial response of the apnea-hypopnea index and failure of OAs) between practitioners ($p = 0.0038; 0.0011; 0.0007$ respectively), with better results in practitioners with a higher level of OA activity.

Conclusion: The findings suggest that it may be preferable to refer patients to OA practitioners who see a higher volume of patients with moderate or severe obstructive sleep apnea-hypopnea syndrome treated with an OA.

Buïret G, Molta CT. Does oral appliance efficacy in treating obstructive sleep apnea depend on the appliance specialist's experience? Sleep Breath. 2024 Mar;28(1):555-560. doi: 10.1007/s11325-023-02908-y. Epub 2023 Sep 7. PMID: 37676348.

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

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