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Dental Sleep medicine and Obstructive Sleep

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Abstract

Dental sleep medicine is a branch of dentistry that focuses on using oral appliance treatment in means of curing sleep breathing disorders like snoring, sleep bruxism, orofacial pain, and complaints related to sleep, as well as, to a lesser extent, gastroesophageal reflux disease, Obstructive Sleep Apnea (OSA), and/or insomnia. When the muscles that support the soft tissues in the throat, such the tongue and soft palate, momentarily relax, Obstructive Sleep Apnea (OSA) ensues. The airway is restricted or blocked when these muscles relax, temporarily stopping breathing.

Numerous epidemiological studies have determined that Obstructive Sleep Apnea (OSA) is a relatively prevalent condition that affects between 2 and 15% of middle-aged adults and more than 20% of the elderly when using basic diagnostic thresholds. Due to the importance and high rates of Obstructive Sleep Apnea (OSA) patients this presentation focuses on Obstructive sleep Apnea (OSA) and its relativity to Dental sleep medicine and its therapy. Types of treatments will be discussed further. When the muscles that support the soft tissues in the throat, such the tongue and soft palate, momentarily relax, obstructive sleep Apnea (OSA) ensues. The airway is restricted or blocked when these muscles relax, temporarily stopping breathing.

Numerous epidemiological studies have determined that Obstructive Sleep Apnea (OSA) is a relatively prevalent Importance of topic: This topic highlights very important aspects to patients with sleeping problems especially Obstructive Sleep Apnea (OSA). Such medical issues are not highlighted or taught enough in the dental field regardless of their importance. It is being brought to the light and attention in recent times unlike before but still not highlighted and covered enough in the dental field or dental education

Biography

Rand is a General dentist who graduated from Near East University, She has achieved plenty on the dental field be it Congress presentations with Turkish Universities such as (Hacettepe University), Patient care and treatment or researches. She has special passion for rarity in the field of dentistry. Not only in the dental field but she also has an English diploma.

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