

ABDSM Reading List

Levine M, Bennett K, Cantwell M, Postol K, Schwartz, D. Dental Sleep Medicine Standards for Screening, Treating and Managing Adult Patients with Sleep-Related Breathing Disorders. *Journal of Dental Sleep Medicine*. 2018;5(3): p. 61-68.

[View Full Article](#)

Bliston L, Gandevia S. Biomechanical properties of the human upper airway and their effect on its behavior during breathing and in OSA. *J Appl Physiol*. 2014. 116(3): p. 314-324.

[View Full Article](#)

McEvoy D, et al. CPAP for Prevention of Cardiovascular Events in Obstructive Sleep Apnea. *N Engl J Med*. 2016; 375(10): p. 919-931.

[View Full Article](#)

Dempsey JA, Xie A, Patz DS, Wang D. Physiology in Medicine: Obstructive sleep apnea pathogenesis and treatment—considerations beyond airway anatomy. *Journal of Applied Physiology*. 2014. 116(1); p. 3–12.

[View Full Article](#)

Van Haesendonck G, Dieltjens, M, Kastoer, C, et al. Cardiovascular benefits of Oral Appliance Therapy in Obstructive Sleep Apnea: a systematic review. *Journal of Dental Sleep Medicine*. 2015; 2(1): p. 9-14.

[View Full Article](#)

Ramar K, Dort LC, Katz SG, et al. Clinical Practice Guideline for the Treatment of Obstructive Sleep Apnea and Snoring with Oral Appliance Therapy: An Update for 2015. *Journal of Clinical Sleep Medicine*. 2015; 11(7): p. 773-827.

[View Full Article](#)

AADSM Board of Directors. AADSM Treatment Protocol: Oral Appliance Therapy for Sleep Disordered Breathing. 2013.

https://aadsm.org/docs/Treatment_Protocol_FINAL.pdf.

[View Protocol](#)

LaPlanche O, et al. TMD Clinical Diagnostic Classification. *J Dentofacial Anom Orthod*. 2012; 15:202. p. 1-26.

[View Full Article](#)

Updated 1/2/19

Sheats R, et al. Management of Side Effects of Oral Appliance Therapy for Sleep-Disordered Breathing. *Journal of Dental Sleep Medicine*. 2017; 4(4): p. 111-125.

[View Full Article](#)

Sanders AE, Essick GK, Fillingim R, et al. Sleep apnea symptoms and risk of temporomandibular disorder: OPPERA cohort. *Journal of Dental Research*. 2013; 92(7 Suppl): p. 70S-77S.

[View Full Article](#)

Balasubramaniam R, Klasser GD, Cistulli PA, et al. The link between sleep bruxism, sleep disordered breathing and temporomandibular disorders: An evidence-based review. *Journal of Dental Sleep Medicine*. 2014; 1(1): p. 27-37.

[View Full Article](#)

Scherr S, Dort LC, Almeida FR, et al. Definition of an Effective Oral Appliance for the Treatment of Obstructive Sleep Apnea and Snoring: A Report of the American Academy of Dental Sleep Medicine. *Journal of Dental Sleep Medicine*. 2014; 1(1): p. 39-50.

[View Full Article](#)

Greenhalgh T. Assessing the Methodology Quality of Published Papers. *BMJ*. 1997 Aug 2; 315(7103): p. 305-8.

[View Full Article](#)

Greenhalgh T. How to Read a Paper: Papers that report diagnostic or screening tests. *BMJ*. 1997 Aug 30; 315(7107): p. 540-3.

[View Full Article](#)

Greenhalgh T. Papers that Summarize Other Papers (systematic reviews and meta-analysis). *BMJ*. 1997 Sep 13; 315(7109): p. 672-5.

[View Full Article](#)

Ong J. Insomnia and OSA. *Sleep Med Clin*. 2013 September 1; 8(3): p. 389-398.

[View Full Article](#)

Budhiraja R, Budhiraja P, Quan SF. Sleep-Disordered Breathing and Cardiovascular Disorders. *Respir Care*. 2010 Oct; 55(10): p. 1322-1332.

[View Full Article](#)

Banks S, Dinges D. Behavioral and Physiological Consequences of Sleep Restriction. *J Clin Sleep Med*. 2007 Aug 15; 3(5): p. 519-528.

[View Full Article](#)

Camacho M, Certal V, Capasso R. Comprehensive review of surgeries for obstructive sleep apnea syndrome. *Braz J Otorhinolaryngol*. 2013; 79(6): p. 780-8.

[View Full Article](#)

Sutherland K, Phillips C, Cistulli P. Efficacy versus Effectiveness in the Treatment of Obstructive Sleep Apnea: CPAP and Oral Appliances. *Journal of Dental Sleep Medicine*. 2015; 2(4): p. 175-181.

[View Full Article](#)

Caples S, Rowley JA, Prinsell JA, et al. Surgical Modifications of the Upper Airway for Obstructive Sleep Apnea in Adults: A Systematic Review and Meta-Analysis. *Sleep*. 2010; 33(10): p. 1396-1407.

[View Full Article](#)

Weaver TE, Calik MW, Farabi SS, et al. Innovative treatments for adults with obstructive sleep apnea. *Nature and Science of Sleep*. 2014; (6) p. 137–147.

[View Full Article](#)

Sutherland K, Vanderveken OM, Tsuda H, Marklund M, Gagnadoux F, Kushida CA, Cistulli PA. Oral Appliance Treatment for Obstructive Sleep Apnea: An Update. *Journal of Clinical Sleep Medicine*. 2014; 10(2): p. 215–227.

[View Full Article](#)

Addy N, et al. Policy Statement on a Dentist's Role in Treating Sleep-Related Breathing Disorders. *Journal of Dental Sleep Medicine*. 2018; 5(1): p. 25-26.

[View Full Article](#)

ADA House of Delegates. The Role of Dentistry in the Treatment of Sleep Related Breathing Disorders. 2017.

www.ada.org/en/~/media/ADA/Member%20Center/Files/The-Role-of-Dentistry-in-Sleep-Related-Breathing-Disorders.

[View Full Article](#)

AMA House of Delegates. Appropriate Use of Objective Tests for Obstructive Sleep Apnea H-35.963. 2017. <https://policysearch.ama-assn.org/policyfinder/detail/sleep%20apnea?uri=%2FAMADoc%2FHOD.xml-H-35.963.xml>.

[View Full Article](#)

Rosen I, et al. Clinical Use of a Home Sleep Apnea Test: An American Academy of Sleep Medicine Position Statement. *Journal of Clinical Sleep Medicine*. 2018; 13(10): p. 1205-1207.

[View Full Article](#)

Almeida FR, Parker JA, Hodges JS, Lowe AA, Ferguson KA. Effect of a titration polysomnogram on treatment success with a mandibular repositioning appliance. *Journal of Clinical Sleep Medicine*. 2009; 5(3): p. 198-204.

[View Full Article](#)

Tan H, Gozal D, Kheirandish-Gozal L. Obstructive sleep apnea in children: a critical update. *Nature and Science of Sleep*. 2013; 5: p. 109-123.

[View Full Article](#)

Marcus CL, Brooks LJ, Davidson S, et al. Diagnosis and Management of Childhood Obstructive Sleep Apnea Syndrome. *Pediatrics*. 2012; 130(3): p. 576–584.

[View Full Article](#)

Pliska BT, Nam H, Chen H, Lowe AA, Almeida FR. Obstructive Sleep Apnea and Mandibular Advancement Splints: Occlusal Effects and Progression of Changes Associated with a Decade of Treatment. *Journal of Clinical Sleep Medicine*. 2014; 10(12): p. 1285-1291.

[View Full Article](#)

Eckert D and Malhotra A. Pathophysiology of Adult Obstructive Sleep Apnea. *Proc Am Thorac Soc*. 2008; Vol 5. P. 144–153.

[View Full Article](#)

Additional Readings (optional)

Eckert D, Phenotypic approaches to obstructive sleep apnoea-New pathways for targeted therapy. *Sleep Med Reviews*. 37(2018): p. 45-59.

[View Abstract and/or Purchase Full Article](#)

Kryger MH, Roth T, Dement WC. Principles and Practice of Sleep Medicine. Philadelphia, PA: Elsevier; 2017.

The following chapters from this book are recommended:

- Normal Human Sleep – An overview (Chapter 2)
- Daytime sleepiness and alertness (Chapter 4)
- Sleep deprivation (Chapter 5)
- Respiratory physiology: Understanding the control of Ventilation (Chapter 16)
- Classification of sleep disorders (Chapter 61)
- Sleep Breathing disorders: Clinical Overview (Chapter 108)
- OSA: Clinical Features, Evaluation and Principles of Management (Chapter 114)

[Purchase Book](#)