



## ABDSM Examination Content Areas:

1. Understand the physiology of sleep, medical consequences of sleep-disordered breathing (SDB) and comorbidities.
  1. Physiology and purpose of sleep, health benefits of normal sleep
  2. Pathophysiology of SDB including neurophysiology
  3. SDB and age including potentiation of disease with age
  4. Signs and symptoms of SDB
  5. Predisposing factors for SDB
  6. Prevalence, progression and impact of SDB in both the treated and untreated patient
  7. SDB and gender
  8. Understanding sleep deficiency and problematic sleep with impact on cognition, emotional stability, physical performance, vigilance and society
  9. Deleterious impact of other sleep disorders combined with SDB
  
2. Understand SDB and sleep testing to effectively manage patients who have been diagnosed with SDB.
  1. Normal sleep architecture and respiratory parameters on polysomnography
  2. Pathologic sleep architecture and respiratory parameters on polysomnography
  3. How polysomnogram results predict treatment recommendations (behavioral therapies, CPAP, oral appliance, surgery, etc.) and efficacy
  4. Role of monitoring devices, such as home sleep apnea tests (HSAT) and pulse oximetry, in dental sleep medicine including data analysis, interpretation and indications
  5. Differences between PSG and HSAT, limitations and advantages, indications for each and differences among various sleep testing modalities
  6. Various other types of sleep testing (MSLT, MWT, etc.) - their purpose, method and indication
  
3. Demonstrate knowledge of evidence-based alternatives for treatment of SDB and other common comorbid sleep disorders.
  1. PAP therapies (CPAP, APAP, ASV, BiPAP) advantages and appropriate application of each

2. Surgical therapeutic options
  3. Behavioral therapeutic methods (positional therapy, sleep hygiene, weight loss, cognitive behavioral therapy, etc.)
  4. Other emerging therapies (pharmacology, EPAP, HNS, exercises, etc.)
  5. Combining therapies for best outcomes
  6. Oral appliance therapy compared to CPAP
  7. Oral appliance therapy compared to non-PAP interventions
  8. Concept of Mean Disease Alleviation, efficacy and compliance
4. Completing and interpreting a thorough dental sleep medicine history, examination and appropriate imaging to facilitate record keeping and determine the patient's candidacy for therapeutic intervention and to guide treatment planning, treatment goals, treatment expectations and informed consent.
1. Effects of obesity, drugs/medications, alcohol, smoking and other factors on the upper airway
  2. Other sleep-related problems (narcolepsy, RLS, PLMD/S, insomnia, insufficient sleep, shift workers syndrome, etc.), including the relationship between SDB and concomitant sleep-related issues
  3. Medical comorbidities (hypertension, cardiovascular disease, metabolic syndrome, GERD, depression, anxiety, etc.)
  4. Informed consent and ethics
  5. Review of systems
  6. History of present illness including impact on others
  7. Coordinating multi-disciplinary care and communication with physicians and dentist of record
  8. Effect of sleep position on SDB
  9. Self-reported and sleep observer measures using questionnaires (quality of life measures, Epworth, Berlin, SATED and ISI, etc.)
  10. TMD and bruxism prevalence, as well as their relationship with sleep disorders
  11. Components of a comprehensive examination including oral airway assessment, tongue size and position, hard tissues and tooth alignment, periodontal support, occlusal and skeletal jaw classification, curves of Spee and Wilson, kinetics of jaw motion, muscle palpation, TMJ evaluation, etc.
  12. Correlating TMD and bruxism assessment with patient symptoms and history
  13. Correlating the findings on history, exam and testing with the proposed therapy
  14. Knowledge of medical record keeping requirements of baseline data and subsequent changes, if any

5. Select oral appliances based on matching their design, physical features and function with the information gathered in the clinical examination and patient interview, as well as apply proper fitting techniques.
  1. AASM/AADSM clinical practice guideline for oral appliance therapy in the treatment of obstructive sleep apnea and snoring
  2. AADSM protocols and definitions for oral appliance therapy
  3. Mechanism of action and physiologic impact of oral appliance on the upper airway
  4. Indications for oral appliance therapy
  5. Sleep habits, anatomic factors, dexterity, reflexes, ROM and other factors that may influence attaining treatment goals
  6. Attributes and limitation of multiple appliance design features
  7. Guiding patient decision-making based on history, exam, prospective tests, and patient preferences
  8. Rationale for initial treatment position, including vertical, horizontal and lateral components, and understanding of multiple bite acquisition techniques
  9. Knowledge of practical clinical protocols for acquiring critical impression taking detail to deliver a properly retentive device along with assessing fit, comfort, vertical dimension and protrusion of devices at delivery
  
6. Assess effectiveness and titrate oral appliance.
  1. Role of patient history in guiding the oral appliance adjustment process
  2. Impact of treatment on signs and symptoms
  3. Monitoring objective measures during follow-up examination
  4. Assessing for optimal timing of objective testing or medical referral
  5. Sleep study protocols for confirming oral appliance efficacy and therapeutic calibration
  6. Oral appliance effectiveness and limitations of therapeutic optimization
  7. Monitoring compliance
  
7. Manage and provide long-term follow-up of patients in oral appliance therapy.
  1. Impact of weight change, medication change, sleep hygiene/quantity, etc., with concurrent ongoing oral appliance therapy
  2. Relevance and documentation of changes in patient history, as well as self-reported and sleep-observer measures
  3. Treatment modification related to progressive nature of SDB
  4. Confirming appliance stability and care

8. Understand breathing disorders of sleep in children and adolescents, as well as the diagnostic and treatment options for management these patients.
  1. Prevalence of snoring and obstructive sleep apnea in children
  2. Etiology and physiology of snoring and obstructive sleep apnea in children
  3. Signs and symptoms of SDB in children and adolescents
  4. Causes of problematic or insufficient sleep in children and impact on development including neuro-physiologic
  5. Causes of problematic or insufficient sleep in adolescents and impact on cognition, physical performance, impulse control and decision making
  6. Screening children and adolescents for SDB
  7. Referring children and adolescents for medical consultation and diagnosis
  8. Treatment of snoring and obstructive sleep apnea in children and adolescents including surgical options, CPAP, rapid palatal expansion and orthodontic treatment
  9. Differences between SDB in children and adults
  10. The relationship between SDB and medical and behavior disorders
  
9. Understanding medical vs. dental model of practice.
  1. Diagnosis of SDB by a physician
  2. Recordkeeping for every patient encounter including SOAP notes and baseline morphological, functional and clinical data
  3. Documents required to keep on file
  4. Understand medical insurance requirements and reimbursements
  5. Use of correct and appropriate coding, fraud and "overuse"
  6. Insurance restrictions on treatment choices, i.e. no pre-existing TMD
  7. Understand Medicare DME and Part B, forms and requirements
  8. Medicare restrictions on treatment choices, i.e. PDAC restrictions, 90-day rule
  9. Record considerations and thought processes for all decisions, including treatment goals, device selection, use of calibration testing, management of side effects, etc.
  10. Follow AADSM Standards for Screening, Treating and Managing Adult patients with SDB
  11. Medical legal and ethical considerations
  
10. Anticipate and manage side effects of OAT with proper use of informed consent.
  1. Critical parts of informed consent for treatment and dialogue with patient
  2. Understand evidence-based expectations of oral appliance side effects
  3. Understand mandibular protrusion effect on cranio-facial muscles
  4. Understand mandibular protrusion effect on TMJ

5. Understand force vectors of OAT on oral hard tissues
  6. Use of occlusal guide and morning exercises for prevention and management of oral appliance side effects
  7. Use of remedies for side effects once they occur
  8. Decision-making and responsibilities regarding suspending or abandoning oral appliance treatment
11. Understand evidence available for current practice guidelines and the concept of evidence-based practice.
1. Understanding categories of evidence, filtering, sources and position or level in the evidence hierarchy
  2. Applying level of evidence in guiding clinical practice and decision-making
  3. Techniques for reading articles, including looking for quality and bias
  4. Evaluate specific assigned articles using levels of evidence to assess quality of information
  5. Evaluate areas of DSM practice where high-quality evidence is lacking
  6. PICO (patient intervention comparison and outcome) use to develop a clinical question and literature search