

Summer 2019 Newsletter I



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Sleep Well



Be well, Do well, Live well

#selfloveselfcarefirst

Greetings!

We are delighted to share our inaugural **Sleep Well** newsletter with you and with this opportunity to introduce ourselves to you and your team.

- ✚ **As a Diplomate of both the American Board of Dental Sleep Medicine and the American Board of Craniofacial Dental Sleep Medicine** Dr. Merriman is qualified to screen for OSA, snoring and sleep-related bruxism, and treat, educate, and provide long-term management of patients who are diagnosed by a physician with either OSA, snoring or sleep-related bruxism.
- ✚ **Dental sleep medicine** is an extension of general dentistry with a specific concentration on providing treatment for adult patients who have been diagnosed with sleep-disordered breathing, including obstructive sleep apnea (OSA), snoring and sleep-related bruxism.
- ✚ **At NJDSMC**, we offer our patients and our referring physicians a partnership that is characterized by:
 - **Commitment** to our relationship with them;
 - **Collaboration** to provide interdisciplinary care and follow-up of OSA, a complex and multifactorial disease;
 - **Communication** so the patient's entire medical team is well informed of their care and their follow-up;
 - **Continuous learning** so as to provide optimal results;
 - **Compassionate** care so as to offer support and understanding to patients; and a
 - **Culture shift** that promotes Sleep Health through high quality, patient-centered care and education.

Indications for Oral Appliance Therapy as per the Clinical Practice Guideline for the Treatment of Obstructive Sleep Apnea and Snoring with Oral Appliance Therapy: An Update for 2015 Kannan Ramar, MBBS, MD ; Leslie C. Dort, DDS ; Sheri G. Katz, DDS ; Christopher J. Lettieri, MD ; Christopher G. Harrod, MS ; Sherene M. Thomas, PhD ; Ronald D. Chervin, MD

1. We recommend that sleep physicians prescribe oral appliances, rather than no therapy, for adult patients who request treatment of primary snoring (without obstructive sleep apnea). (STANDARD)
2. We recommend that sleep physicians consider prescription of oral appliances, rather than no treatment, for adult patients with obstructive sleep apnea who are intolerant of CPAP therapy or prefer alternate therapy. (STANDARD)
3. We suggest that sleep physicians conduct follow-up sleep testing to improve or confirm treatment efficacy, rather than conduct follow-up without sleep testing, for patients fitted with oral appliances. (GUIDELINE)

Contact Us

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OUR MISSION

To partner and collaborate with sleep physicians and sleep centers to educate patients and communities about sleep disorders and snoring; to treat candidate patients with dental solutions; and to monitor all patients for overall general sleep health.

OUR PHILOSOPHY

To provide customized and personalized care, to one patient at a time, with experience, integrity, and honesty.

WE BELIEVE

Sleep is the fundamental pillar of good health and wellness; every patient deserves a caring, knowledgeable and competent Sleep Team that works together for them; and restful sleep gives us the energy to enjoy exceptional lives.

- ✚ **CPAP** is considered the gold standard for treatment of the majority of cases of Obstructive Sleep Apnea (OSA) but its drawback has been the modest compliance by patients despite its high efficacy. Oral appliances offer an alternative to such patients, which due to their high compliance, offer moderate efficacy.
- ✚ **NJDSMC** provides oral appliance therapy for ‘**Combination Therapy**’ for OSA patients who are unable to tolerate the CPAP pressure required to alleviate their symptoms and provide sufficient objective improvements in their condition. In such cases, they continue to use CPAP along with a custom Oral Appliance which helps them reduce the pressure level necessary for therapeutic relief. NJDSMC works closely with sleep physicians to monitor patient health.
- ✚ **NJDSMC is committed to referring patients back to their sleep physicians for follow up testing** once optimal titration of their oral appliances and elimination of subjective symptoms has been achieved.
- ✚ **NJDSMC follows AADSM Protocol for Oral Appliance Therapy**

NJDSMC is a Medicare DME-approved Supplier for Oral Appliance Therapy and works with a patient’s medical insurance for billing of services provided for Obstructive Sleep Apnea and Snoring.

We look forward to our newsletter being a forum for sharing ‘happenings’ at NJDSMC and updating you with important information about OAT so our collaboration is optimal, effective and productive.

Sleep Tip- “For many reasons (work demands, family obligations, social opportunities), it can be difficult for us to prioritize sleep, however, sleeping at regular times — in addition to getting enough sleep — is likely to have a large impact on overall health, as well as a person’s mood, stress, and energy levels, and ability to function well during the day.” - [Jessica Lunsford-Avery, PhD](#), assistant professor in psychiatry and behavioral sciences at Duke University School of Medicine, lead study author (*Validation of the Sleep Regularity Index in Older Adults and Associations with Cardiometabolic Risk*- Scientific Reports Volume 8, Article number: 14158 (2018)

“It’s a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it.”

-John Steinbeck

