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# Sleep Well

**Be well, Do well, Live well**  
**#selfloveselfcarefirst**



**Fall 2021**

**Greetings!**

We sincerely believe that promoting a sleep prioritizing culture, and fostering trauma informed partnerships, is critically important for the revolutionary change and healing that is needed in our society.



The article [ACEs, Integrative Medicine, and the Mind Body Connection, Why Dental Sleep Practitioners Must Take a Seat at This Table](#) in the Winter 2020 issue of [Dental Sleep Practice](#) was the first step in being part of that change.

Additionally, over the next several months, we intend to develop a screening and referral process for Dental Sleep Medicine professionals, that will be geared to assist them in offering a model to become a trauma informed DSM practice.

**It always seems impossible until it's done.**  
-Nelson Mandela

We are pleased to share that as of 9/1/2021, NJDSMC is an In-Network Provider of [Humana Military TRICARE](#).



[Obstructive sleep apnea \(OSA\) and posttraumatic stress disorder \(PTSD\) are common in military veterans and frequently coexist in this patient population. Both disorders share an array of similar symptoms that are thought to be more severe in patients with comorbid OSA and PTSD.](#)

[Oral Appliance Therapy, \(OAT\) has the potential to increase both readiness and deplorability for active duty soldiers.](#)

[US Army Sleep Apnea Research Suggests Adjustable Oral Appliances are a Good First- Line Treatment Option.](#)



**Introducing Brenda Lignelli, NJDSMC's Manager-** Brenda comes to NJDSMC with over 40 years of experience in the dental and medical field. Her passion for Dental Sleep Medicine encompasses all aspects of the patient and referring physician team's experience. She is committed to being a liaison for them both, from start to finish. Brenda has a wealth of knowledge about sleep medicine, medical billing, and how oral appliance is an excellent, life-changing choice for many patients who suffer from sleep apnea, snoring, and CPAP intolerance.  
We are delighted to welcome Brenda!



**We have found the following resources to be excellent.  
So, we share them with you.**

[Management of Sleep Disorders in Psychiatry](#) Edited by Amit Chopra, Piyush Das, and Karl Doghramji.

[Huberman Lab](#) The *Huberman Lab* Podcast discusses science and science-based tools for everyday life. Hosted by [Dr. Andrew Huberman](#). The first 4 episodes of this excellent podcast dealt entirely with Sleep.

[Dr. Matthew Walker](#), author of 'Why We Sleep' [podcast](#) about everything Sleep.

**Also, an upcoming Event- Monday, October 11, 2021  
[Therapist's Hour](#)**

Dr. Sunita Merriman, D-ABCDSM, D-ABDSM in Conversation  
with [Kristin Osborn](#)

How ACEs/Trauma/Mental Health is connected to sleep deprivation  
insomnia / sleep apnea /COMISA .  
Also, how, and what a Dental Sleep Medicine professional can do to  
help your patients!

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### **Sleep Tip- Focus your attention on your relationships.**

“The moment we cease to hold each other, the moment we break faith with one another, the sea engulfs us and the light goes out”  
-James Baldwin

**Dr. Sunita Merriman**  
**Founder, New Jersey Dental Sleep Medicine Center**  
**Diplomate , The American Board of Dental Sleep Medicine**  
**Diplomate, The American Board of Craniofacial Dental Sleep Medicine,**

Creating new realities, and expanding consciousness through poetry. Highlighting our relationships, connection, and sleep as the foundation of wellness and optimal living.

Passionately advocating for those who suffer from ACEs and mental illness. Promoting [Self Love Self Care First](#)

**THE POET'S HOUSE**

**I am a universe within myself.**

I was summoned into being at the exact moment I decided to follow love.  
As a note keeper of sorts, I believe my thoughts rival touch.  
I know they reach you at undiscernible speeds.  
The caress of my gaze travels beyond the limits of my imagination.  
I feel it touch you at the margins of yours.

My words are a display of the trappings of our souls.  
They shoot up like sudden erotic flames,  
Scorching us both, while they burn bright.  
Their flare illuminates the shame we inhabit,  
In the brokenness of our stolen identities, and incipient tears.  
My verses expose the tired secrets that divide us.  
Their rawness savagely strips the lies that eviscerate and separate us from  
the dignity of our truth,  
Forcing us to live empty, lonely lives like unmoored islands in an invisible  
vapor.

When I am carried by the cool air scuttling across the pages I write on,  
A radical experience of a magnificent reality comes to me.  
I find a calm rest in the radiance of my dispossession, in defiance of the  
demands of exactness.  
And, despite the chains of perfection, that lay in constant wait of my  
surrender.  
In this house, held by a warm ease, I have learnt how to love.

-Sunita Merriman  
#12 in the 5th collection  
*'The Radiance That Lies In My Dispossession'*



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