



## ABDSM Examination Content Areas

1. Understand the physiology of sleep, medical consequences of sleep disordered breathing (SDB) and co-morbidities
  - Physiology and pathophysiology of sleep (including neurophysiology)
  - Signs and symptoms of SDB
  - Predisposing factors for SDB
  - Prevalence, progression and impact of SDB in both the treated and untreated patient
  - SDB and gender
  - SDB and age including potentiation of disease with age
2. Understand SDB and sleep testing in order to effectively manage patients who have been diagnosed with SDB.
  - Normal sleep architecture and respiratory parameters on polysomnography
  - Pathologic sleep architecture and respiratory parameters on polysomnography
  - How polysomnogram results predict treatment (behavioral therapies, CPAP, oral appliance, surgery, etc.) success/failure
  - Differences between PSG and HSAT, indications for each, and differences among various sleep testing modalities
  - Various other types of sleep testing (MSLT, MWT, etc.) - their purpose, method and indication
  - Role of portable monitoring devices in dental sleep medicine including data analysis, interpretation and indications
3. Demonstrate knowledge of published research on alternatives for treatment of sleep disordered breathing.
  - CPAP therapy
  - Surgical therapeutic options
  - Behavioral therapeutic methods (positional therapy, sleep hygiene, weight loss, cognitive behavioral therapy, etc.)
  - Other emerging therapies (pharmacology, EPAP, HNS, exercises, etc.)
  - Combination therapy
  - Oral appliance therapy compared to CPAP
  - Oral appliance therapy compared to non-PAP interventions

4. Completing and interpreting a thorough dental sleep medicine history, examination and appropriate imaging in order to determine the patient's candidacy for therapeutic intervention.
  - Effects of obesity, drugs/medications, alcohol, smoking and other factors on the upper airway
  - Other sleep-related problems (narcolepsy, RLS, PLMD/S, insomnia, etc.), including the relationship between SDB and concomitant sleep-related issues
  - Medical comorbidities (hypertension, cardiovascular disease, metabolic syndrome, GERD, etc.)
  - Review of systems
  - History of present illness including impact on others
  - Effect of sleep position on sleep disordered breathing
  - Self-reported and sleep observer measures using questionnaires (quality of life measures, Epworth, Berlin, etc.)
  - Components of a comprehensive examination
  - Correlating the findings on history, exam and testing with the proposed therapy
  - TMD and bruxism assessment, prevalence, as well as their relationship with sleep disorders
  - Coordinating multi-disciplinary care and communication with physicians
  - Informed consent and ethics
  
5. Select oral appliances based on their purpose, physical features and function, as well as apply proper fitting techniques.
  - AASM/AADSM Clinical practice guidelines for oral appliance therapy in the treatment of obstructive sleep apnea and snoring
  - AADSM protocols and definitions for oral appliance therapy
  - Mechanism of action and physiologic impact of oral appliance on the upper airway
  - Indications for oral appliance therapy
  - Sleep habits, anatomic factors, dexterity, reflexes, and other factors that may influence compliance
  - Attributes and limitation of multiple appliance design features
  - Guiding patient decision making based on history, exam, prospective tests, and patient preferences
  
6. Assess effectiveness, manage potential side effects and titrate oral appliance.
  - Role of patient history in guiding the oral appliance adjustment process
  - Impact of treatment on signs and symptoms
  - Impact and management of other side effects related to oral appliance therapy
  - Impact and management of TMD, orthopedic and occlusal side effects
  - Objective measures during follow-up examination
  - Assessing for optimal timing of objective testing
  - Sleep study protocols for confirming oral appliance efficacy and therapeutic calibration
  - Oral appliance effectiveness and limitations of therapeutic optimization
  - Monitoring compliance

7. Management and long-term follow-up of patients in oral appliance therapy
  - Impact of weight change, medication change, sleep hygiene/quantity, etc., with concurrent ongoing oral appliance therapy
  - Relevance and documentation of changes in patient history, as well as self-reported and sleep-observer measures
  - Treatment modification related to progressive nature of SDB
  - 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 of these patients.
  - Prevalence of snoring and obstructive sleep apnea in children
  - Etiology and physiology of snoring and obstructive sleep apnea in children
  - Diagnosing children for snoring and obstructive sleep apnea
  - Differences between sleep disordered breathing in children and adults
  - The relationship between sleep disordered breathing and medical and behavior disorders
  - Treatment of snoring and obstructive sleep apnea in children and adolescents including surgical options, CPAP, rapid palatal expansion and orthodontic treatment