ABDSM Examination Recommended Reading List

1. Basic Sleep Medicine
   (7% of examination)

   **Pathophysiology**


   **Mortality**

   **Physiology of Pharynx**

   **Insomnia**


   **Psychiatry Misdiagnosis**

   **Chronic Pulmonary Disease**
**Headache**


**Bruxism**


Pain


Lavigne, Gilles; Cistulli, Peter; Smith, Michael. Sleep Medicine for Dentists: A Practical Overview. Quintessence Books. 2009

2. Analysis of Polysomnogram Reports
(5% of examination)

PSG


Scoring Hypopneas/RERAs


**Imaging**


**Imaging and OAT – Cephalometry**


3. **Medical and Sleep Disorder History**
   (10% of examination)

   **Medical History: Gender**


   **Medical History**

**Metabolic Syndrome**

**Hypertension**

**Cardiovascular**


**QUESTIONNAIRES:**

**Epworth**

**Berlin**

**FOSQ**

**Quality of Life**


4. Research and Literature Review of Various Treatment Options, Oral Appliances and Surgical Therapy (as well as alternative procedures for initiating CPAP) (7% of examination)

**CPAP**


**Pharmacological**

**Weight Loss**

**Positional**


**Nonprescription**

**Surgery**
Caples SM, Rowley JA, Prinsell JR, Pallanch JF, Katz SG, Harwick JD. Surgical modifications of the upper airway for obstructive sleep apnea in adults: a systematic review and meta-analysis (submitted for publication in Sleep) (Lit review)


Sher AE, Schechtman KB, Piccirillo JF. The efficacy of surgical modifications of the upper airway in adults with obstructive sleep apnea syndrome. *Sleep* 1996;19(2):156-177. (Lit review)


Prinsell JR. Surgical treatment: Maxillomandibular advancement for obstructive sleep apnea in adults (chapter 119 in textbook Current Therapy in Oral & Maxillofacial Surgery, submitted for publication by Elsevier) (Lit review)


Prinsell JR. Maxillomandibular advancement surgery for obstructive sleep apnea surgery. *JADA* 2002;133:1489-1497 (Lit review).


Ferguson KA, Cartwright R, Rogers R, Schmidt-Nowara W. Oral appliances for snoring and obstructive sleep apnea: A review. *Sleep* 2006;29:244-262. (Lit review)


### 5. Selection of Oral Appliances for Patients, Oral Appliances vs. CPAP on Various Anatomic, Behavioral and Physiological Parameters
(11% of examination)


**APPLIANCE SELECTION:**

**OA Designs**


**Differences between Appliances**


**Vertical Opening**


**Boil and Bite**

OAT versus CPAP


6. Proper Fitting Techniques for Oral Appliances

(15% of examination)
Proper Fitting Techniques


7. Treatment Plan and Informed Consent for Patients as well as Indications, Contraindications, Possible Complications and Side Effects Associated with Appliance Use (14% of examination)

Indications

Severe

Contraindications


**APPLIANCE SELECTION:**

**OA Designs**


**Differences between Appliances**


**Vertical Opening**


**Boil and Bite**


**TMJ and OAT**


**Side Effects**


**AADSM Consent Form** – can be found on the AADSM website at [aadsm.org](http://aadsm.org) under the ‘Members Only’ section.

**8. Long-term Follow-Up Care Including Compliance, Appliance Stability and Care, Effectiveness of Therapy and Side Effects**

(13% of examination)


**Side effects**


**TMJ and OAT**


9. **Portable Monitoring Devices in Oral Appliance Therapy**

(3% of examination)

**Portable Monitors**


10. **Oral Appliance Titration**

   (10% or examination)

   **Clinical**


   **Overnight**


**Clinical and Overnight**


11. **Children**

(5% of examination)

**Diagnosis**


**Craniofacial**


**Treatments**


**Orthodontics/OAT**


