

ABDSM Recommended Reading List

1. Ong J. Insomnia and OSA. *Sleep Med Clin*. 2013 September 1; 8(3): p. 389-398.
[View Full Article](#)
2. Bonsignore M, et al. OSA and comorbidities: a dangerous liaison. *Multidisciplinary Respirator Medicine*. 2019. 14(8) p. 1-12.
[View Full Article](#)
3. Lai V, Carberry J, Eckert D. Sleep Apnea Phenotyping: Implications for Dental Sleep Medicine. *J Dent Sleep Med*. 2019. 6(2)
[View Full Article](#)
4. McEvoy D, et al. CPAP for Prevention of Cardiovascular Events in Obstructive Sleep Apnea. *N Engl J Med*. 2016; 375(10): p. 919-931.
[View Full Article](#)
5. Van Haesendonck G, Dieltjens, M, Kastoer, C, et al. Cardiovascular benefits of Oral Appliance Therapy in Obstructive Sleep Apnea: a systematic review. *Journal of Dental Sleep Medicine*. 2015; 2(1): p. 9-14.
[View Full Article](#)
6. Sutherland K, Phillips C, Cistulli P. Efficacy versus Effectiveness in the Treatment of Obstructive Sleep Apnea: CPAP and Oral Appliances. *Journal of Dental Sleep Medicine*. 2015; 2(4): p. 175-181.
[View Full Article](#)
7. Levine M, Bennett K, Cantwell M, Postol K, Schwartz, D. Dental Sleep Medicine Standards for Screening, Treating and Managing Adult Patients with Sleep-Related Breathing Disorders. *Journal of Dental Sleep Medicine*. 2018;5(3): p. 61-68.
[View Full Article](#)
8. Ramar K, Dort LC, Katz SG, et al. Clinical Practice Guideline for the Treatment of Obstructive Sleep Apnea and Snoring with Oral Appliance Therapy: An Update for 2015. *Journal of Clinical Sleep Medicine*. 2015; 11(7): p. 773-827.
[View Full Article](#)
9. AADSM Board of Directors. AADSM Treatment Protocol: Oral Appliance Therapy for Sleep Disordered Breathing. 2013.
https://aadsm.org/docs/Treatment_Protocol_FINAL.pdf.
[View Protocol](#)
10. LaPlanche O, et al. TMD Clinical Diagnostic Classification. *J Dentofacial Anom Orthod*. 2012; 15:202. p. 1-26.
[View Full Article](#)

ABDSM Recommended Reading List

11. Sheats R, et al. Management of Side Effects of Oral Appliance Therapy for Sleep-Disordered Breathing. *Journal of Dental Sleep Medicine*. 2017; 4(4): p. 111-125.
[View Full Article](#)
12. Balasubramaniam R, Klasser GD, Cistulli PA, et al. The link between sleep bruxism, sleep disordered breathing and temporomandibular disorders: An evidence-based review. *Journal of Dental Sleep Medicine*. 2014; 1(1): p. 27-37.
[View Full Article](#)
13. Sanders AE, Essick GK, Fillingim R, et al. Sleep apnea symptoms and risk of temporomandibular disorder: OPPERA cohort. *Journal of Dental Research*. 2013; 92(7 Suppl): p. 70S-77S.
[View Full Article](#)
14. Scherr S, Dort LC, Almeida FR, et al. Definition of an Effective Oral Appliance for the Treatment of Obstructive Sleep Apnea and Snoring: A Report of the American Academy of Dental Sleep Medicine. *Journal of Dental Sleep Medicine*. 2014; 1(1): p. 39-50.
[View Full Article](#)
15. Mogell K, Blumenstock N, Mason E, Rohatgi R, Shah S, Schwartz D. Definition of an Effective Oral Appliance for the Treatment of Obstructive Sleep Apnea and Snoring: An Update for 2019. *J Dent Sleep Med*. 2019;6(3).
[View Full Article](#)
16. Greenhalgh T. Assessing the Methodology Quality of Published Papers. *BMJ*. 1997 Aug 2; 315(7103): p. 305-8.
[View Full Article](#)
17. Greenhalgh T. How to Read a Paper: Papers that report diagnostic or screening tests. *BMJ*. 1997 Aug 30; 315(7107): p. 540-3.
[View Full Article](#)
18. Greenhalgh T. Papers that Summarize Other Papers (systematic reviews and meta-analysis). *BMJ*. 1997 Sep 13; 315(7109): p. 672-5.
[View Full Article](#)
19. Banks S, Dinges D. Behavioral and Physiological Consequences of Sleep Restriction. *J Clin Sleep Med*. 2007 Aug 15; 3(5): p. 519-528.
[View Full Article](#)

ABDSM Recommended Reading List

20. Bilston L, Gandevia S. Biomechanical properties of the human upper airway and their effect on its behavior during breathing and in OSA. *J Appl Physiol*. 2014. 116(3): p. 314-324.
[View Full Article](#)
21. Budhiraja R, Budhiraja P, Quan SF. Sleep-Disordered Breathing and Cardiovascular Disorders. *Respir Care*. 2010 Oct; 55(10): p. 1322–1332.
[View Full Article](#)
22. Weaver TE, Calik MW, Farabi SS, et al. Innovative treatments for adults with obstructive sleep apnea. *Nature and Science of Sleep*. 2014; (6) p. 137–147.
[View Full Article](#)
23. Camacho M, Certal V, Capasso R. Comprehensive review of surgeries for obstructive sleep apnea syndrome. *Braz J Otorhinolaryngol*. 2013; 79(6): p. 780-8.
[View Full Article](#)
24. Aurora R. Practice Parameters for Surgical Modification of the Upper Airway for OSA in Adults. *Sleep*. 2010 Oct 1; 33(10): 1408–1413.
[View Full Article](#)
25. Sutherland K, Vanderveken OM, Tsuda H, Marklund M, Gagnadoux F, Kushida CA, Cistulli PA. Oral Appliance Treatment for Obstructive Sleep Apnea: An Update. *Journal of Clinical Sleep Medicine*. 2014; 10(2): p. 215–227.
[View Full Article](#)
26. Addy N, et al. Policy Statement on a Dentist’s Role in Treating Sleep-Related Breathing Disorders. *Journal of Dental Sleep Medicine*. 2018; 5(1): p. 25-26.
[View Full Article](#)
27. ADA House of Delegates. The Role of Dentistry in the Treatment of Sleep Related Breathing Disorders. 2017.
www.ada.org/en/~media/ADA/Member%20Center/Files/The-Role-of-Dentistry-in-Sleep-Related-Breathing-Disorders.
[View Full Article](#)
28. AMA House of Delegates. Appropriate Use of Objective Tests for Obstructive Sleep Apnea H-35.963. 2017. <https://policysearch.ama-assn.org/policyfinder/detail/sleep%20apnea?uri=%2FAMADoc%2FHOD.xml-H-35.963.xml>.
[View Full Article](#)

ABDSM Recommended Reading List

29. Rosen I, et al. Clinical Use of a Home Sleep Apnea Test: An American Academy of Sleep Medicine Position Statement. *Journal of Clinical Sleep Medicine*. 2018; 13(10): p. 1205-1207.
[View Full Article](#)
30. Almeida FR, Parker JA, Hodges JS, Lowe AA, Ferguson KA. Effect of a titration polysomnogram on treatment success with a mandibular repositioning appliance. *Journal of Clinical Sleep Medicine*. 2009; 5(3): p. 198-204.
[View Full Article](#)
31. Patil SP, Ayappa IA, Caples SM, Kimoff RJ, Patel SR, Harrod CG. Treatment of adult obstructive sleep apnea with positive airway pressure: an American Academy of Sleep Medicine clinical practice guideline. *J Clin Sleep Med*. 2019;15(2):335–343.
[View Full Article](#)
32. Eckert D and Malhotra A. Pathophysiology of Adult Obstructive Sleep Apnea. *Proc Am Thorac Soc*. 2008; Vol 5. P. 144–153.
[View Full Article](#)
33. Pliska BT, Nam H, Chen H, Lowe AA, Almeida FR. Obstructive Sleep Apnea and Mandibular Advancement Splints: Occlusal Effects and Progression of Changes Associated with a Decade of Treatment. *Journal of Clinical Sleep Medicine*. 2014; 10(12): p. 1285-1291.
[View Full Article](#)
34. Kaditis AG, et al. Obstructive sleep disordered breathing in 2- to 18-year-old children: diagnosis and management. *Eur Respir J*. 2016 Jan;47(1):69-94.
[View Full Article](#)
35. Marcus CL, Brooks LJ, Davidson S, et al. Diagnosis and Management of Childhood Obstructive Sleep Apnea Syndrome. *Pediatrics*. 2012; 130(3): p. 576–584.
[View Full Article](#)
36. Yanyan M, Min Y, Xuemei G. Mandibular advancement appliances for the treatment of obstructive sleep apnea in children: a systematic review and meta-analysis. *Sleep Medicine*. 2019 Aug; 60:145-151. DOI: 10.1016/j.sleep.2018.12.022.
[View Full Article](#)
37. Pliska BT, Lee J, Chadha NK. Prevalence of malocclusion in children with sleep-disordered breathing. *Journal of Dental Sleep Medicine*. 2017;4(2):41–44
[View Full Article](#)

ABDSM Recommended Reading List

(Optional Readings)

Kryger MH, Roth T, Dement WC. Principles and Practice of Sleep Medicine. Philadelphia, PA: Elsevier; 2017.

The following chapters from this book are recommended:

- Normal Human Sleep – An overview (Chapter 2)
- Daytime sleepiness and alertness (Chapter 4)
- Sleep deprivation (Chapter 5)
- Respiratory physiology: Understanding the control of Ventilation (Chapter 16)
- Classification of sleep disorders (Chapter 61)
- Sleep Breathing disorders: Clinical Overview (Chapter 108)
- OSA: Clinical Features, Evaluation and Principles of Management (Chapter 114)

[Purchase Book](#)