Better sleep through dentistry

By Robin Goodman, Group Editor

When I was scouring the exhibit floor of the Yankee Dental Congress for new dental products, I had the pleasure of meeting Rani Ben-David, who is the president of Sleep Group Solutions and was featuring the company’s Dental Sleep Magazine during the event.

When I expressed an interest in publishing some content on dental sleep medicine, Ben-David kindly put me in touch with Dr. Gy Yatros, who is a diplomate of the American Academy of Sleep Medicine.

Yatros offers a practice that endeavors to be on the cutting edge of technology, but also emphasizes the importance of dental health.

Aside from the variety of services he offers, the practice motto piqued my interest: “Smile Better. Eat Better. Sleep Better … Live Better.”

How many dentists had I seen promote better sleep through dentistry? Well, none until Yatros.

**What is dental sleep medicine?**

Dental sleep medicine is a growing area of dentistry through which dentists can help their patients sleep better and snore less, which helps their bed-time partners sleep better too.

Obstructive sleep apnea (OSA) is one of the most prevalent and increasing medical problems in the United States, and dentists who are properly trained in dental sleep medicine can help control this life-threatening disease.

**How can dentists help treat obstructive sleep apnea?**

Obstructive sleep apnea is a condition that occurs when the airway collapses during sleep, primarily due to loss of muscle tone.

When the airway collapses, it prevents air from reaching the lungs, causing a myriad of serious and undesirable health consequences. The primary muscle that contributes to this collapsing airway is the tongue.

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