

Module 1

3 - 4 JUNE 2023

📍 Sydney

Module 1

24 JUN - 4 JUL 2023

📍 Kenya

Module 2

12 - 13 AUG 2023

📍 Sydney

Module 3

TBA

📍 Sydney

PRACTICAL & SYSTEMATIC
APPROACH TO
SLEEP MEDICINE
For Dentists & Doctors

36 CPD
POINTS

THE
WORLD'S MOST
Comprehensive
SLEEP COURSE

SCAN TO REGISTER



PRESENTED BY

Dr Manish Shah

BDS, MBBS, MMED (SLEEP MEDICINE)

DOCTORMANISH.COM

VENUE

TO BE
ANNOUNCED

COURSE OUTLINE

01

LEVEL 1

SLEEP MEDICINE, NORMAL SLEEP, ABNORMAL SLEEP, EPIDEMIOLOGY

What is NORMAL sleep?

- Understand normal sleep
- Understand stages of sleep (old and new nomenclature)
- Understand the NORMAL patterns of sleep and the distribution of sleep stages across the night.
- Recognise the stages of sleep on a sleep study
- Understand the relationship between REM sleep & Pain
- Discuss factors that modify sleep stage distribution
- Why do we need sleep



- ▶ Daytime sleepiness/alertness
- ▶ Acute and chronic sleep deprivation

- Understand the prevalence of sleep issues in the society

02

DEFINITIONS

What is ABNORMAL sleep?

- Understand abnormal sleep
- Understand the definitions of apnoea, hypopnoea, central apnoea
- Understand Arousal Index, AHI, RERA, RDI. When are each used? What are the relationships between them?
- Understand the definition of Obstructive Sleep Apnoea (OSA)



03

ANATOMY, SNORING AND UARS

- Understand what defines Upper Airway Resistance Syndrome (UARS)
- Understand tiredness and its multiple differential diagnoses
- Understand the concept of snoring – is it really important to treat?
- Understand the anatomy and physiology of the upper airways?
- Understand the major causes of Sleep Disordered Breathing (SDB)?

- ▶ What causes the narrowing of the airways & what should we do about them?

04

CAUSES OF OSA, EFFECTS OF OSA

- Understand the major causes of Sleep Disordered Breathing (SDB)?
- What causes the narrowing of the airways and what should we do about them?
- Is nasal breathing important? What should we do with people who breathe through their mouth?
- Understand the medical and dental effects of sleep disordered breathing

05

REVISION

06

BRUXISM, HEADACHES AND TMD

- Understand bruxism as a movement disorder
- Understand other movement disorders and their relationship to REM sleep and sleep breathing issues.
- Understand how to treat bruxism. Should you treat bruxism with splints? And what about botox?
- Understand the potential relationship between nutritional deficiencies, gut microbiome, REM sleep and bruxism
- Understand the concept of headaches and REM sleep
- Understand the relationship between bruxism and TMD

07

INTRODUCTION TO NUTRITIONAL MEDICINE AND SLEEP

- Understand the causes of tiredness
- Understand the basis of chronic disease
- Understand the role of Magnesium in sleep
- Understand the role of serotonin and melatonin in sleep
- Understand the concept of Methylation and how B12 and Folate also plays a role in sleep

02

INTRODUCTION TO NUTRITIONAL MEDICINE 2



- Understand the concept of stress & cortisol, and how it effects sleep
- Understand the relationship of parasympathetic system and sleep, and the role of acetylcholine, vitamin B5 and vitamin D
- Understand the role the gut plays in sleep.
- Understand the relationship of sleep, nutrition and headaches.

09

CHILDREN AND SLEEP

- Understand snoring and sleep apnoea in children
- Understand the approach to manage sleep breathing issues in a child

01

LEVEL 2

REVISION

02

HISTORY

- Understand various questionnaires used in sleep.
- Understand how to screen patients with 3 questions

03

EXAMINATION

- Understand how to examine patients with sleep disorders
- Understand how to identify these patients by just looking at them, without them opening their mouths.
- Understand what to look for extra-orally and intra-orally
- Understand how do you assess nutritional status with a physical exam and history

04

INVESTIGATIONS – SLEEP STUDY

- Understand different types of sleep studies
- Understand how we do sleep studies
- Understand how to interpret sleep studies

- ▶ What results are we looking for? What do they all mean?



05

INVESTIGATIONS – OPG/CBCT/BLOODS

- Understand the role of radiographs, including OPG, Lat Ceph, CBCT
- Understand the role of blood tests
- How to interpret results

06

REVISION

07

CPAP/WT LOSS/OTHER TREATMENTS

- Do we need to treat all patients with OSA?
- What are the treatment options for managing OSA?
- Does weight really play a role?
- How does surgery play a role and when does it play a role?
- What about CPAP? Is it superior? Or can MAS do just fine?
- What happens if my patient has been treated for OSA and sleep study shows they are fine, but they are still tired all the time?
- Do lasers really work for snoring and sleep apnoea?
- How do I nutritionally supplement? Are there any recommended doses and what time should they be taken?
- Are there any interaction of nutritional supplements with regular medications?

08

MAS

- How do we do a MAS?



- ▶ What bite do I take?
- ▶ But others are taking a bite differently. What is the difference?
- ▶ What if the patient is not getting better?

09

MAS BITE

- Understand how to take bites for mandibular advancement splints.
- Understand how to send to lab & what to ask for

10

PUTTING EVERYTHING TOGETHER - DENTAL

01

LEVEL 3

REVISION

02



SNORING AND SLEEP DIFFICULTIES IN CHILDREN – CLIN. THEORY

- Understand the health burden of snoring and sleep difficulties in children
- Understand the symptoms, signs and tests which help us evaluate snoring and sleep difficulties in children
- Understand the importance of a multidisciplinary approach to the diagnosis and management of snoring and sleep difficulties in children
- Understand the differential diagnosis of snoring and sleep difficulties in children

03

SNORING AND SLEEP DIFFICULTIES IN CHILDREN – CLIN. PRACTICE

- Learn a quick practical way to ask parents about sleep difficulties in children and the essentials of the physical examination relevant to sleep disorders.
- Learn about how we should approach the many and varied presentations of snoring and sleep difficulties in children
- Learn how sleep studies help in the diagnosis and management of various paediatric sleep disorders
- Understand more about how a sleep paediatrician, ENT surgeon, paediatric gastroenterologist, dentist, orthodontist, paediatric dentist, orofacial myologist, speech therapist, educator, occupational therapist work together to address sleep disorders in children

04

ROLE OF ORAL MYOLOGY IN OSA IN ADULTS AND CHILDREN

- Understand the importance of treatment of the facial muscles as adjunctive therapy of OSA
- Understand there is more to OSA when treating sleep
- Understand there are sleep issues other than OSA, and what to questions to ask
- Understand the importance of Oral Myology Therapy (OMT) post surgery
- Understand how OMT improves CPAP and MAS treatment

05

THE SLEEP WORKOUT – DEMONSTRATION OF THERAPY

- Understand OM therapy techniques to introduce to your patient care – practical

06

REVISION

07

ENT - ADULT NASAL OBSTRUCTION

- Understand that nasal obstruction in children is very common
- Signs and symptoms of nasal obstruction in children
- The 4 key causes of obstruction in children (very different to adults)
- Allergic rhinitis in a nutshell
- How to manage nasal obstruction in kids (investigations and treatment)
- Surgical videos

08

ENT - OSA IN CHILDREN

- Understand that nasal obstruction in children is very common
- Signs and symptoms of nasal obstruction in children
- The 4 key causes of obstruction in children (very different to adults)
- Allergic rhinitis in a nutshell
- How to manage nasal obstruction in kids (investigations and treatment)
- Surgical videos

09

ENT - OSA IN ADULTS

- Understand that there are validated evidence-based alternatives to CPAP
- Identify the key sites of anatomical obstruction
- Drug Induced Sleep Endoscopy (DISE) – a revolution in diagnosis
- A deep dive into each surgical option – details, pros and cons
- An algorithmic approach to management

10



PUTTING EVERYTHING TOGETHER

Meet
OUR EXPERTS



DR. MANISH SHAH

BDS (HONS), MBBS, MMED (SLEEP MED)

-  Cosmetic Dentist, Expert in Sleep Medicine, TMJ Specialist
- Masters in Sleep Medicine
 - General Medical Practitioner
 - General, Implant & Cosmetic Dentist
 - Certified in TMJ & Craniofacial Pain Management



**A/P ROFESSOR
NARINDER SINGH**

MBBS (SYD.) MS (SYD.) FRAC (OHNS)

-  ENT Specialist Surgeon, Rhinologist
- ENT Specialist Surgeon/ Rhinologist
 - Clinical Associate Professor of Surgery (Syd.)
 - Chief of Otolaryngology, Head & Neck Surgery, Westmead Hospital, Sydney



ROCHELLE MCPHERSON

-  Orofacial Myologist, OM Health
- One of Australia's leading practitioners of Orofacial Myology.
 - She regularly conducts training and mentoring for other practitioners in this field both nationally and internationally.



**DR. DIMITRIOS JIM
PAPADOPOULOS**

MBBS(HONS) DIPPAED FRACP

-  Paediatric Sleep Physician
- Australia's leading sleep medicine physician
 - Known for his work with sleep studies in children with AD/HD special needs orthodontic problems, gastro-intestinal issues and need for CPAP therapy.

SCAN CODE
TO REGISTER

