



TMJ & Sleep Therapy Centre
of San Diego

NEWS RELEASE
FOR IMMEDIATE RELEASE

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**Improving Health:
Newly Accredited Dental Facility in San Diego
Offers a Better Night's Sleep**

American Academy of Dental Sleep Medicine Recognizes Local Office for Excellence

San Diego, CA , February 14, 2014– A local dental facility is helping San Diego-area residents get a more restful night's sleep. **TMJ & Sleep Therapy Centre of San Diego recently received facility accreditation from the American Academy of Dental Sleep Medicine (AADSM)**, the only accredited facility in San Diego, joining an elite group of centers around the nation recognized for proficiency, professionalism and procedural excellence regarding the treatment of patients with sleep apnea and sleep-disordered breathing.

The AADSM is the only non-profit national professional society dedicated exclusively to the practice of dental sleep medicine. Dental sleep medicine focuses on the management of snoring and obstructive sleep apnea through the use of oral appliance therapy – an effective alternative treatment for patients who prefer it to CPAP. Once a patient is diagnosed with OSA by a board-certified sleep physician, a dentist trained in dental sleep medicine can provide treatment with oral appliance therapy.

“The accreditation program was developed to define excellence in dental sleep medicine,” said B. Gail Demko, DMD, president of the American Academy of Dental Sleep Medicine. “Patients and referring physicians can have peace-of-mind when working with an accredited facility, knowing that the facility has proven, recognized excellence in every aspect of care.”

In order to become accredited, facilities must meet quality measures outlined in the AADSM's *Standards for Accreditation of Dental Sleep Medicine Facilities*. These standards detail expectations for the proficiency of a facility's dental director and staff; practice of policies and procedures to oversee the acceptance, documentation and billing of patients; and professionalism of consumer care, follow-up, service and safety.

“Physicians and dentists can work together to provide effective, alternative treatment options for sleep apnea patients,” said Dr. Demko. “Physicians looking for distinguished dental partners should consult the AADSM website to find an accredited facility in their area.”

For the newly-accredited TMJ & Sleep Therapy Centre of San Diego, the program represents an opportunity to distinguish the facility and increase local understanding and acceptance of dental sleep medicine.

“As one of only 33 offices nationwide and *the* only accredited facility in San Diego County, our team is dedicated to our patients in the San Diego area and we are so proud to be recognized for the high level of quality care we provide,” said Dr. Steven Olmos, founder of TMJ & Sleep Therapy Centres International. “The accreditation also serves as a great tool for us as we continue to educate those with obstructive sleep apnea and their physicians about the treatments and relief we can provide.”

The TMJ & Sleep Therapy Centre of San Diego has been a leader in dental sleep medicine and oral appliance therapy for sleep apnea patients. We are dedicated exclusively to the treatments of Craniofacial pain, TMJ disorders and sleep disordered breathing. Our approach is comprehensive evaluation for diagnosis and non-invasive treatment therapies. We provide diagnosis treatment with state of the art techniques and equipment in a caring, friendly environment. Patients with loud snoring and diagnosed sleep apnea sufferers with difficulty tolerating CPAP should contact TMJ & Sleep Therapy Centre of San Diego located at 7879 El Cajon Blvd, La Mesa, CA 91942. Call us at 619-466-2774 to schedule a consultation, or visit www.SDSleep.TMJTherapyCentre.com to learn more.

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About The American Academy of Dental Sleep Medicine

The American Academy of Dental Sleep Medicine (AADSM) is the only non-profit national professional society dedicated exclusively to the practice of dental sleep medicine. The AADSM provides educational resources for dentists and promotes the use of oral appliance therapy for the treatment of obstructive sleep apnea and sleep-disordered breathing. Established in 1991, the AADSM has more than 3,000 member dentists worldwide. Visit www.aadsm.org or call the national office at (630) 737-9705 for more information.