Sleep Apnea and Bruxism...Are They Related? Screening, Evaluation and Management of Obstructive Sleep Apnea: A Hands-on Workshop
Friday, November 1, 2019

School of Dentistry • Moos Health Sciences Tower

8:30 Final registration and assembly. Continental breakfast.
8:55 Welcome

9:00 Lecture Jamison Spencer, DMD, MS
   The basics of normal sleep
   The basics of sleep apnea and how to screen for possible sleep apnea in patients

10:30 Refreshment break

10:45 Lecture
   The differences, and pros & cons, of various oral appliances

12:15 Lunch

1:00 Hands-on Workshop
   Bite registrations for the fabrication of a sleep appliance

2:30 Refreshment break

2:45 Hands-on Workshop
   Fitting temporary appliances
   Fitting “morning repositioners”

5:00 Adjourn
Meet Our Experts

Jamison Spencer, DMD, MS, is the director of the Center for Sleep Apnea and TMJ in Boise, Idaho, and the Director of Dental Sleep Medicine for Lane and Associates Family Dentistry, a group practice with 30 locations, in North Carolina. He is a Past President of the American Academy of Craniofacial Pain (AACP), a Diplomate of both the American Board of Craniofacial Pain and the American Board of Dental Sleep Medicine, and has a Masters in Craniofacial Pain from Tufts University. Dr. Spencer developed and taught a cadaver-based head and neck anatomy program at Boise State University. He is a founding faculty member of both the AACP’s Craniofacial Pain Mini-Residency and the AACP/Tufts Dental Sleep Medicine Mini-Residency program. He is also the inventor of the Silent Sleep oral appliance—FDA approved for the treatment of snoring and sleep apnea. Dr. Spencer has lectured across the United States, in Latin America, Australia, Europe, Eastern Europe and India.