

YOUR TOTAL DENTAL: SLEEP MEDICINE PROTOCOL

SCREENING (COMPREHENSIVE/PERIODIC DENTAL EXAM):

- 1) Introduction of sleep program, value, and why we are doing it.
- 2) Watermark Medical ARES and STOP BANG Questionnaires.
- 3) If Criteria is met: inform patient that sleep coordinator will be contacting them.

INITIAL CONSULTATION (90 MIN) APPOINTMENT

- 1) Medical insurance card and ID needed.
- 2) Initial Pharyngometer/Rhinometer screening test and Oral exam.
 - a) Verify outstanding dental needs, TMJ issues, occlusal relationship, airway analysis.
- 3) If criteria met, patient sent home with HST (Home Sleep Test).
 - a) Previous sleep study may be used up to 4 years prior.
- 4) **POST CONSULTATION:**
- 5) Sleep data interpreted when AHI > 5. Patient referred to sleep clinic when AHI > 30.
- 6) Insurance Verification: patient information uploaded to Box App, Pristine Billing company.
- 7) Patient scheduled for "Record Review" appointment.

RECORD REVIEW APPOINTMENT

- 1) Dr. Slightly presents sleep data results, interpretation and any recommendations
 - a. Review treatment options and show device samples
 - b. Bite registration with pharyngometer tritration
 - c. Intra-oral scan (Not sent off until patients Per-Auth has come back)
1. Go over patients benefits: Collect co-pay, and out of pocket from the patient. If patients decides to move forward: lab fee and balance are collected.
2. CPAP intolerance and financial forms are completed.
3. Lab order sent to SomnoMed (eordersusa@somnomed.com)

APPLIANCE DELIVERY APPOINTMENT

- 1) Create AM Aligner, pharyngometer verification, care instruction for appliance.
- 2) Adjustments if needed

1 WEEK POST DELIVERY APPOINTMENT

1 MONTH POST DELIVERY APPOINTMENT

- 1) Watermark Medical ARES and STOP BANG Questionnaires.
- 2) Consider post delivery HST

3 MONTH, 6 MONTH, and 1 YEAR POST DELIVERY APPOINTMENTS