



## **Michael Simmons, DMD presented a poster at the American Academy of Dental Sleep Medicine Meeting**

*Michael Simmons, DMD of Tarzana and Palmdale in Southern California presented original research findings and poster abstract information that compared several home testing devices for evaluating severe sleep apnea at the annual meeting of the American Academy of Dental Sleep Medicine in Seattle this month.*

Seattle, WA (Vocus) June 15, 2009 -- Michael Simmons, DMD of Tarzana and Palmdale in Southern California presented original research findings and poster abstract information that compared several home testing devices for evaluating severe sleep apnea at the annual meeting of the American Academy of Dental Sleep Medicine in Seattle this month. His findings showed that approximately 50% of subjects had a preference of one device over the other but overall satisfaction with the home testing devices was almost the same. Because of this, Dr. Simmons recommends that clinicians utilize more than one type of ambulatory device to accommodate individual patient preference.

Dr. Simmons also spoke to dentists in attendance about their responsibility in the recognition and management of sleep-disordered breathing. He told these practitioners that [snoring](#) and [sleep apnea](#) affect more than 40 million people in the United States directly and indirectly as loud snoring and breathing lapses often disturb bed partners. Dr. Simmons encouraged dentists to become involved in screening for these disorders and to increase their sleep medicine education so that they can treat these patients collaboratively with their physicians.

During his presentation, Dr. Simmons said "Research shows physicians most often have only about 2 hours of training in all sleep disorders during medical school. Population studies reveal that these conditions are missed more than 85% of the time by the current medical system."

Simmons pointed out that dentists impact this condition by providing customized [mouth devices](#) that reposition the jaw and tongue to create a stable breathing airway when the patient is asleep when their muscles are relaxed.

Dr. Simmons is a lecturer at UCLA and USC's dental schools and frequently talks with members of the public. He is a Diplomate of the American Board of Orofacial Pain and a Fellow in the American Academy of Orofacial Pain. Dr. Simmons has published original research, book chapters and is a frequent expert speaker in Dental and Orofacial maladies including TMJ, Orofacial Pain, Snoring and Sleep Apnea. He also serves as the Ethics Chairman for his local dental society of more than 1100 members. Dr. Simmons is a member of Snoring Isn't Sexy, LLC.

### About Snoring Isn't Sexy, LLC

Snoring Isn't Sexy, LLC was founded in 2008 by Laurence I. Barsh, DMD, a dentist who has been involved with sleep medicine since 1992 and who now devotes full time to educating the public about dentistry's role and responsibility in the recognition and management of snoring and sleep apnea. Dr. Barsh and the dentists associated with Snoring Isn't Sexy, LLC feel strongly that management of sleep-breathing disorders is a shared



responsibility of both the medical and dental professions.

Snoring Isn't Sexy, LLC consists of independently owned and operated affiliated offices. Visit <http://www.SnoringIsntSexy.com> for a directory of all participating dentists.

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