

Fall 2019 Newsletter 2



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Sleep Well



Be well, Do well, Live well #selfloveselfcarefirst

Greetings!

Daylight Savings Time ended on November 3rd and we all had an extra hour to use as we chose. The September 2019 survey of 2,003 U.S. adults asked what they planned to do with the extra hour when daylight saving time ends. "Sleep" was the top response, followed by spending the extra hour with friends and family (13%) and enjoying a relaxing activity (13%). Another 6% plan to do housework and run errands, and 5% plan to catch up on work or studies.

HOW ADULTS WILL SPEND THE EXTRA HOUR WHEN DAYLIGHT SAVING TIME ENDS:



According to a recent survey by the **AASM** American Academy of SLEEP MEDICINE™

What did you end up doing with the extra hour?

Insomnia and Obstructive Sleep Apnea

We have noticed that many of our patients report difficulty falling asleep and/or staying asleep, in addition to presenting with traditional symptoms of OSA like snoring, excessive daytime sleepiness and witnessed gasping for breath while sleeping. This is not surprising since there is a high prevalence of comorbid insomnia with OSA (29.2%)

Research shows that *Insomnia and OSA frequently cooccur. Given the substantial overlap in symptoms between insomnia and OSA, evaluation and treatment of these 2 conditions can be challenging and will require multidisciplinary collaboration among sleep specialists.* Source : Comorbid Insomnia and Obstructive Sleep Apnea: Challenges for Clinical Practice and Research, Faith S. Luyster, Ph.D. ; Daniel J. Buysse, M.D.; Patrick J. Strollo, Jr, M.D., Journal of Clinical Sleep Medicine, Vol.6, No. 2, 2010

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OUR MISSION

To partner and collaborate with sleep physicians and sleep centers to educate patients and communities about sleep disorders and snoring; to treat candidate patients with dental solutions; and to monitor all patients for overall general sleep health.

OUR PHILOSOPHY

To provide customized and personalized care, to one patient at a time, with experience, integrity, and honesty.

WE BELIEVE

Sleep is the fundamental pillar of good health and wellness; every patient deserves a caring, knowledgeable and competent Sleep Team that works together for them; and restful sleep gives us the energy to enjoy exceptional lives.

The Continuing Education and Conferences attended in 2019

-AADSM 2019 Annual Conference, San Antonio, Texas

https://www.aadsm.org/docs/2019_Final_Program_Web5-16.pdf

-ACFP 2019 Clinical Symposium, Toronto, Canada

https://www.aacfp.org/AACFP/document-server/?cfp=AACFP/assets/File/public/events/AACP_2019_International_Clinical_Symposium.pdf

-The Metz Center, Columbus, Ohio

Using, Managing and Understanding High Resolution Pulse Oximetry

-NJSS Annual Symposium, Princeton, NJ

<https://www.nisleepsociety.org/symposium-schedule.html>

Sleep Tip- Keep the eggnog free of alcohol this holiday season!

The holiday season offers us more opportunities than usual to drink alcohol, as we entertain and are entertained by others. It may seem like alcohol relaxes you and helps you sleep better but the fact it is that your sleep is negatively impacted by the effect alcohol has on your body.

<https://pubs.niaaa.nih.gov/publications/arh25-2/101-109.htm>

We wish our referring partners and their staff, our patients and our associates our very best this Thanksgiving. We wish you a festive and safe holiday season and look forward to communicating with you again in Spring 2020. Have a Happy New Year!

As a Diplomate of both the American Board of Dental Sleep Medicine and the American Board of Craniofacial Dental Sleep Medicine Dr. Merriman is qualified to screen for OSA, snoring and sleep-related bruxism, and treat, educate, and provide long-term management of patients who are diagnosed by a physician with either OSA, snoring or sleep-related bruxism. **Dental sleep medicine** is an extension of general dentistry with a specific concentration on providing treatment for adult patients who have been diagnosed with sleep-disordered breathing, including obstructive sleep apnea (OSA), snoring and sleep-related bruxism.

NJDSMC is a Medicare DME-approved Supplier for Oral Appliance Therapy and works with a patient's medical insurance for billing of services provided for Obstructive Sleep Apnea and Snoring.

“True silence is the rest of the mind; it is to the spirit what sleep is to the body, nourishment and refreshment.”

– William Penn



