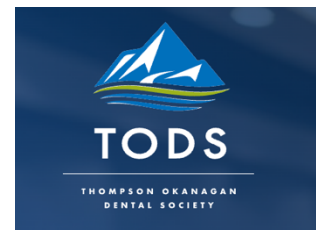




TRANSFORMING  
the Dental Hygiene Experience™



Worksheet:

Sleep Apnea...a NOT so Silent Killer:

What dental hygienists need to know to help save lives.

Presented by: Kathleen Bokrossy, RDH  
TODS 2023

### **Learning Objectives:**

1. Learn what Obstructive Sleep Apnea is and the physical implications it has on your patients/clients
2. Elevate knowledge of the clinical signs and symptoms of Obstructive Sleep Apnea
3. Learn Screening Tools to assess for potential Obstructive Sleep Apnea
4. Understand options for treatment, collaboration and when to refer

**This is a Worksheet for you to take notes during the presentation. More notes and resources will be available following the presentation. Visit:**

[www.rdhu.ca/todssleep](http://www.rdhu.ca/todssleep)

**Study (RDH's): Obstructive Sleep Apnea Knowledge: Attitudes and screening practices of Minnesota dental hygienists**

### **Sleep Need:**

- Adults:
- Adolescents:

**Lack of sleep is multifactorial:**

**Lifestyle:**

**Disorders:**

**Some common types of sleep disorders include:**

- **Insomnia**
- **Restless legs syndrome (RLS)**
- **Narcolepsy**
- **Sleep apnea**

**The main types of sleep apnea are:**

- **Obstructive sleep apnea**
- **Central sleep apnea**
- **Complex sleep apnea syndrome**

**Focusing on Adults in this presentation**

**What is Sleep Apnea?**

- 
- 
- 
- 
- 
- 
- Results in:

**AHI Index:**

**Sleep Cycle:**

**Non-Rapid Eye Movement (Light)**

Stage 1:

Stage 2:

**Non-Rapid Eye Movement (Deep)**

Stage 3:

### **Rapid Eye Movement (Deep)**

Stage 4:

### **OSA:**

- Deprived of ...

### **Sleep Loss Affects Health**

### **Obesity:**

### **Diabetes:**

### **Cardiovascular:**

- **Increase Cholesterol Levels:**

### **Brain function:**

- 

### **Can the Damage to the Brain be Restored?**

### **Mood and Behaviour:**

### **Tinnitus:**

## **OSA and the Oral Implications**

- **Saliva**

## **GERD and Bruxism:**

## **Erosive Tooth Wear:**

## **TMJ:**

- **TMJ** Complications – from grinding and bruxism

## **Most common signs and symptoms:**

## **Risk Factors:**

**Clinical Features:**

**Extra-Oral:**

**Intra-Oral:**

**Screening:**

**Treatment:**

**Establish an OSA Screening Protocol:**

Additional notes and resources [www.rdhu.ca/todssleep](http://www.rdhu.ca/todssleep) or Scan:



Thank you for joining us!

Kathleen Bokrossy, RDH  
kathleen@rdhu.ca

Let's be friends! @kathbok on Instagram Kathleen Bokrossy on Facebook  
@rdhuinc on Instagram and Facebook

*rdhu* -289-337-5277 or 1-855-295-7348 [www.rdhu.ca](http://www.rdhu.ca)