



**UBC Dentistry Research Day 2020: Sleep Medicine**

Tuesday, January 28, 2020 | Alma Mater Society Student Nest, Great Hall



**DR. BENJAMIN PLISKA** is a graduate of the University of Western Ontario School of Dentistry, and obtained his Certificate in Orthodontics and Master's Degree in Dentistry from the University of Minnesota. He is an Associate Professor at the University of British Columbia Faculty of Dentistry, an Orthodontic Consultant at B.C. Children's Hospital, and maintains a private practice in Vancouver as a Certified Specialist in Orthodontics. Dr. Pliska's research interests include craniofacial imaging and sleep medicine.

**PEDIATRIC OBSTRUCTIVE SLEEP APNEA—SEPARATING FACT FROM FICTION**

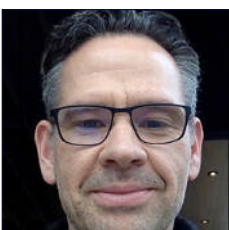
Recently, interest in obstructive sleep disorders has led to much speculation within the dental profession, making it difficult to separate fact from fiction. This presentation will be a succinct review of published literature and recent clinical trial data, providing a clear picture of the evidence base on the topic. The relationship between sleep disordered breathing and craniofacial growth and development, as well as the current evidence of managing pediatric sleep disorders with dentofacial orthopedics, will be directly addressed.



**DR. FERNANDA ALMEIDA** is an Associate Professor whose research is focused on dental sleep medicine. As recognition of her work in the field of dental sleep medicine, she was the recipient of the Pierre Robin Award from the American Academy of Dental Sleep Medicine (2011) and the Meier-Ewert Award from the German Dental Sleep Society (2012) for significant, original, and sustained contributions evidenced by publications, academic appointments, and other efforts.

**MANAGEMENT OF ADULT OBSTRUCTIVE SLEEP APNEA PATIENTS**

This session will focus on oral appliance efficacy for snoring and sleep apnea patients. During the past 15 years, there has been an increasing concern regarding sleep apnea consequences on overall health status. There are now many randomized controlled trials focusing on this type of treatment, which has a higher compliance rate than nasal continuous positive airway pressure and similar efficacy in some characteristics such as control of blood pressure and reduction of cardiovascular disease markers. As a life-long therapy, oral appliance side-effects are an important concern in the clinical practice of dental sleep medicine. Possible new strategies of combination therapy will be presented and the role of multidisciplinary teams will be reviewed.



**DR. ROB COMEY** is a psychiatrist with fellowship training in sleep disorders. He currently practices sleep medicine at UBC and at the Seymour Health Centre.

**KEYNOTE PRESENTATION: INSOMNIA AND SLEEP DEPRIVATION**

This presentation will focus on two common but distinct sleep problems, insomnia and sleep deprivation. Insomnia will be reviewed broadly and treatment approaches will be discussed, with particular emphasis on medication and cognitive behavioural therapy (CBTi). Neurocognitive and other health impacts of sleep deprivation will also be explored.