



NEWS RELEASE

**Dr. Kent Smith Hosts Training Seminar for Dentists
Interested in Treating Sleep Disorders Through Dental Sleep Medicine**

Plano, Texas (March 15, 2017) - Dr. Kent Smith, President of the American Sleep & Breathing Academy and Diplomate of the American Board of Dental Sleep Medicine, hosted dental professionals from across the country this past weekend for his second Wasted Days & Sleepless Nights training seminar of 2017.

The weekend course, held March 10th and 11th, was designed as a hands-on training program to teach dental professionals the proper protocols to screen for and treat life-threatening sleep and snoring issues in their dental patients. Dental sleep medicine is an increasingly common and highly effective way to treat sleep issues such as sleep apnea and snoring.

During the two-day course, dentists and their staff members participated in sessions and discussions in which they learned to treat sufferers of sleep issues and how to incorporate oral appliance therapy into their practices to help improve the health of their patients. Attendees themselves undergo a private sleep study in order to better understand the methodology that will likely be used to diagnose potential at-risk patients.

In addition to hosting semi-annual dental sleep medicine seminars for dental health professionals, Dr. Smith also owns and operates Sleep Dallas with locations serving patients in both Frisco and Irving, Texas. He and his team have dedicated more than 20 years to treating sufferers of sleep apnea and other sleep disorders through oral appliance therapy.

“One of my favorite learning opportunities during these seminars is when we have doctors shift to the role of a patient,” said Dr. Smith. “By performing sleep studies on the dental professionals themselves, we’re able to provide a hands-on, experiential approach as they learn how to treat sleep disorders. Dentists and their staff see firsthand how common sleep disorders are, as they affect an estimated 50-70 million Americans. After dedicating decades of my career to researching and treating sleep disorders, it’s rewarding to know these seminars increase the likelihood that patients around the country will have access to effective treatment options, providing them with renewed health and vitality.”

About Sleep Dallas

Sleep Dallas provides life-changing treatment options for patients suffering from sleep issues such as snoring and persistent fatigue, as well as diagnosed sleep disorders like sleep apnea. Sleep Dallas is focused on oral appliance therapies and orthodontics as alternatives to conventional treatments options that many users find to be ineffective. The practice’s founding



sleep dentist, Dr. Kent Smith, is a pioneer and thought leader in the realm of dental sleep medicine. In addition to serving his patients, Dr. Smith regularly hosts seminars and lectures, both nationally and internationally, to train dentists in dental sleep medicine. He is also the host of "Pillow Talk" that broadcasts weekly on KAAM 770 in the Dallas area. To learn more about Sleep Dallas and Dr. Kent Smith, [visit sleepdallas.com](http://www.sleepdallas.com).

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