



## **Dr. Smith Hosts Dental Sleep Medicine Training Seminar for Dental Professionals**

**Plano, Texas** (November 8, 2016) - Dr. Kent Smith, President of the American Sleep & Breathing Academy and Diplomate of the American Board of Dental Sleep Medicine, hosted dentists from across the country this past weekend for his Wasted Days & Sleepless Nights training seminar.

The two-day event, held November 4th and 5th, was designed to teach dental professionals the proper protocols for identifying, diagnosing, and treating life-threatening sleep and snoring issues for their dental patients. Dental sleep medicine is a lesser-known, but highly effective, way to treat common sleep issues such as sleep apnea and snoring.

During the weekend course, dentists and their staff members participated in sessions in which they learned to identify sufferers of sleep issues and how to incorporate oral appliance therapies into their practices to help improve the health of their patients. Attendees were invited to undergo a private sleep study in order to better understand the method they will employ to diagnose potential at-risk patients.

In addition to hosting dental sleep medicine seminars for industry professionals six times per year, Dr. Smith also owns and operates Sleep Dallas with locations serving patients in both Frisco and Irving, Texas. For more than 20 years, he and his team have provided treatment to sufferers of sleep apnea and other sleep disorders through oral appliance therapy.

“By combining my years of experience in treating sleep disorders with the knowledge I continually acquire through my industry leadership roles, I am equipped to share both the latest and most proven ways dental practices can help patients who snore, struggle with sleep apnea, or suffer from insomnia get a full night’s rest again,” said Dr. Smith. “Sleep deprivation takes an enormous toll on a person’s quality of life. I designed the Wasted Days & Sleepless Nights training seminar to help dentists understand how to identify the potentially life-threatening problems related to sleep issues and teach them ways to help their patients find relief. Furthermore, attendees always enjoy that education and knowledge share are the sole purposes of my seminars, free from equipment sales and other distractions.”