

**International Pre-congress of Dental Sleep Medicine**  
**Conference & Hands-on Workshop**  
**19<sup>th</sup> - 20<sup>th</sup> November 2024**  
**Siriraj Medical Research Center, Faculty of Medicine Siriraj Hospital,**  
**Mahidol University, Bangkok, Thailand**

**"Revolutionizing Dental Care: Tackling Adult and Pediatric Obstructive Sleep Apnea"**

**Rationale:**

The Sleep Society of Thailand will host the international pre-congress of Dental Sleep Medicine Conference and hands-on workshop on November 19-20, 2024 at the Siriraj Medical Research Center (SiMR), Faculty of Medicine, Mahidol university, in Bangkok, Thailand. This event is part of the Thailand Annual Sleep Medicine Congress, scheduled for November 21-22, 2024.

The international pre-congress of Dental Sleep Medicine Conference and hands-on workshop, featuring a one-and-a-half-day lecture series and a half-day hands-on workshop led by renowned international speakers and Thai academic speakers, aims to provide updated clinical data and emphasize the role of dentistry in recognizing and management of obstructive sleep apnea in adults and children. The hands-on workshop will offer essential clinical skills and comprehensive insights into every step of oral appliance treatment for adult obstructive sleep apnea. Attendees will learn how to implement digital workflow with oral appliance treatment, understand the characteristics of each oral appliance design, identify pitfalls in the laboratory, and assess the outcomes of oral appliance treatment.

Targeting dental practitioners at beginning to intermediate practical levels, the conference will also equip Under the theme "Dental Management in Adult and Pediatric Obstructive Sleep Apnea" the event will be conducted in English and offered on-site. The target participants include dentists in various specialty such as general dental practitioners, orthodontists, oral and maxillofacial surgeons, pedodontist, sleep physicians, general medical practitioners, pulmonologists, otolaryngologists, neurologists, psychiatrists, sleep technologists, residents and fellows in training, dental assistants, and dental technicians.

## Course overview:

**Essential knowledge:** Learn OSA endotype model, understand sleep test, screening, referral, and integrative management protocol such as oral appliance, skeletal surgery for adult obstructive sleep apnea (OSA).

**New insights:** Gain practical insights, knowledge in craniofacial development and respiratory functions, as well as confidence to engage effectively in treatment with multidisciplinary team for pediatric sleep breathing disorder (SBD).

**Workshops:** Offer essential clinical skills and comprehensive insight into every step of oral appliance treatment for adult obstructive sleep apnea and learn how to implement digital workflow with oral appliance treatment, understand the characteristics of each oral appliance design, identify pitfalls in the laboratory, and assess the outcomes of oral appliance treatment using home sleep test.

## Key highlights:

**Expert insights:** Learn from a multidisciplinary leaders of healthcare professionals.

**Hot topics:** Comprehensive approach to surgery via imaging & endoscopy and learn how to advance and expand the craniofacial skeletal in adult OSA, the latest knowledge in pediatric sleep breathing disorder (SBD), rapid maxillary expansion for pediatric OSA and myofunctional therapy.

**Unlock missed development milestones:** Restore airway structure and function for children and adults with interdisciplinary approach.

**Interactive experience:** Engage in panel and Q&A sessions, and learn from participants from various countries.

**Learn like the real practice:** Teach and guide to fabricate the oral appliance step by step from the experts.

## Registration fee:

**Early bird rate until 15<sup>th</sup> October 2024**

Registration type	Conference	Conference & workshop
International Dental / Medical Practitioners:	185 USD	300 USD

International Residents / Dental assistant / Dental staff:	130 USD	210 USD
Thai Dental / Medical Practitioners: • Member / Non-member	4,000 / 5,500 THB	6,500 / 8,000 THB
Thai Residents / Dental assistant / Dental staff: • Member / Non-member	2,800 / 3,800 THB	5,300 / 6,300 THB

### Registration after 15<sup>th</sup> October 2024

Registration type	Conference	Conference & workshop
International Dental / Medical Practitioners:	230 USD	375 USD
International Residents / Dental assistant / Dental staff:	165 USD	265 USD
Thai Dental / Medical Practitioners: • Member / Non-member	5,000 / 6,500 THB	8,000 / 9,500 THB
Thai Residents / Dental assistant / Dental staff: • Member / Non-member	3,500 / 4,500 THB	6,600 / 7,600 THB

- Join membership of the Sleep Society of Thailand with application fee 1,000 Thai baht life time for Thai medical practitioner and 500 Thai baht for other professionals.
- Resident in training must have a proof from school (director of course or head of department)
- Dental assistant/dental staff must have a proof from clinic or organisation
- Contact person for Thai attendees: Miss.Thanaporn Rattanatakul Tel.+6696-712-0005  
Email: dental.sleep2024@gmail.com
- Contact person for International attendees: Dr.Pankaew Yakkaphan Tel.+6681-542-6907  
Email: dental.sleep2024@gmail.com
- CE .....credit from Thai Dental Council, Thai Medical Council and Thai nurse Council

## Meet the speakers:

### Professor Stanley Yung Liu MD, DDS, FACS

- Chair and Associate Professor, Department of Oral and Maxillofacial Surgery, Assistant Dean of Hospital Affairs Nova Southeastern University College of Dental Medicine, USA
- Previous Chief of Service, Oral & Maxillofacial Surgery, Stanford Healthcare, Stanford, CA, USA
- Previous Director of the Sleep Surgery Fellowship at Stanford, where he trains postgraduate otolaryngologists in various sleep surgery techniques.



### Professor Audrey Yoon DDS, ABO, ABDSM

- A distinguished orthodontist and pediatric dentist specializing in sleep medicine. She holds multiple academic positions, including Clinical Professor Sleep Medicine, Department of Psychiatry and Behavioral Science, Stanford University, School of Medicine, Clinical Assistant Professor and Program Director, Pacific Dental Sleep Medicine Fellowship Department of Orthodontics, Craniofacial Research Instrumentation Lab, University of the Pacific Arthur A. Dugoni School of Dentistry
- She is the President of World Dentofacial Sleep Society
- She is a diplomate of both the American Board of Orthodontics and the American Board of Dental Sleep Medicine.



### Dr. Shereen Lim DDS

- A Perth based dentist with a post graduate diploma in dental sleep medicine from the University of Western Australia.
- Author of Breathe, Sleep, Thrive: Discover how airway health can unlock your child's retire health, learning and potential.



**Professor Naricha Chirakalwasan MD, FAASM, FAPSR**

- She is a Professor in the Pulmonary and Critical Care Division at the Faculty of Medicine, Chulalongkorn University, Bangkok, Thailand, and directs the International Sleep Medicine Fellowship Program. She holds board certifications in Sleep Medicine, Critical Care Medicine, Pulmonary Medicine, and Internal Medicine from the American Board
- She will cover the definition, clinical manifestations, and treatment options for obstructive sleep apnea (OSA), as well as explain four distinct endotypes that influence treatment methods based on PLAM concepts.



**Professor Wish Banhiran MD, ABSM, Certified International Sleep Specialist**

- Professor in the Otolaryngology division, department of Otolaryngology and at the Faculty of Medicine Siriraj Hospital, Mahidol University, Bangkok, Thailand. He holds American Board of Sleep Medicine certified international sleep specialist, certificated registered polysomnographic technologist and Diploma of the Thai Board of Otorhinolaryngology-Head and Neck Surgery.
- He will discuss combination therapy benefits, identifies eligible patients, implements effective methods.



**Associate Professor Visasiri Tantrakul MD, PhD**

- She is an Associate Professor in Sleep Medicine Division at Ramathibodi Hospital, Mahidol University, Bangkok, Thailand, and holds board certifications in Sleep Medicine (International Sleep specialist, WASM) and Behavioral Sleep Medicine (AASM), Pulmonary and Critical Care Medicine, and PhD in Clinical Epidemiology and Biostatistics.
- She will explain how to identify and extract relevant data from sleep tests, correlate clinical findings with sleep test data, and recognize factors that may affect data collection and lead to misinterpretation of sleep test results.



**Assistant Professor Supanigar Ruangsri DDS, PhD**

- She is an Assistant Professor in the Department of Oral Biology and specializes in Orofacial Pain and Dental Sleep Medicine at the Faculty of Dentistry, Khon Kaen University, Thailand.
- She will discuss screening for obstructive sleep apnea (OSA) and taking sleep histories in dental practice, as well as thoroughly evaluating at-risk craniofacial, oropharyngeal, and intraoral characteristics.



**Associate Professor Supakit Peanchitlertkajorn DDS, ABO, ABDSM**

- He is an Associate Professor in the Department of Orthodontics at the Faculty of Dentistry, Mahidol University, Bangkok, Thailand, and holds board certifications from the American Board of Orthodontics and the American Board of Dental Sleep Medicine
- He will discuss characteristics and mechanisms of oral appliances and assessing their efficacy and treatment success.



**Associate Professor Somsak Mitrirattanakul DDS, PhD, Dip. ABOP**

- He is an Associate Professor in the Department of Masticatory Science at the Faculty of Dentistry, Mahidol University, Bangkok, Thailand, and holds the American Board of Orofacial Pain certification.
- He will discuss clinical guidelines for bidirectional referral with sleep physicians, integrating oral appliances in digital and conventional bite registration, and managing acclimatization, titration, and follow-up processes



### **Assistant Professor Premthip Chalidapongse DDS, PhD, International Certificant ABDSM**

- She is an Assistant Professor in the Oral Medicine Division, Department of Diagnostic Science at the Faculty of Dentistry, Prince of Songkla University, Hat-Yai, Songkhla, Thailand, and serves as a clinical consultant at the Orofacial Pain and Dental Sleep Medicine Clinic. She is certified by the American Board of Dental Sleep Medicine and the Thai Board of Occlusion and Orofacial Pain."
- She will discuss the side effects of oral appliances and their management



### **Hands-on workshop instructors**

Only 40 attendees recruitment for hands-on workshop

Assistant Prof. Supanigar Ruangsri,

Dr. Thaviporn Limrachtamorn

Dr. Sakarin Tangpothitham,

Dr. Pankaew Yakkaphan,

Associate Prof. Chayanit Chaweewannakorn

Assocociate Prof. Chidsanu Changsiripan,

Dr. Prangtip Potewiratnanond,

Dr. Nattakarn Hosiriluck

Associate Prof. Supakit Peanchitlertkajorn,

Dr.Nattapon Prengsukarn

Associate Prof. Somsak Mitrirattanakul,

Assistant Prof. Premthip Chalidapongse

## Event Schedule:

### Day 1: Tuesday, November 19<sup>th</sup>, 2024: Conference

8.00-8.15	Welcome address	President of the Thai Society of Sleep Medicine
8.15-8.55	OSA endotype model	Naricha Chirakalwasan MD, FAASM, FAPSR
8.55-9.35	Understanding clinical meaning in a sleep test	Visasiri Tantrakul MD, PhD
9.35-9.55	Coffee break	
9.55-10.25	Screening and assessment at risk of OSA in dental practice	Supanigar Ruangsri DDS, PhD
10.25-11.05	A Comprehensive Approach to Sleep Surgery Explained via Imaging & Endoscopy	Stanley Yung Liu MD, DDS, FACS
11.05-11.35	Q&A	Moderator: Thiprawee Chatrattraai DDS, PhD Siew Peng Neoh DDS
11.35-12.35	Lunch	
12.35-13.15	Oral appliances treatment for adult OSA	Supakit Peanchitlertkajorn DDS, ABO, ABDSM
13.15-13.55	Patient workflow toward OA treatment	Somsak Mitrirattanakul DDS, PhD, Dip. ABOP
13.55-14.35	To Expand and to Advance: DOME & MMA for the OSA patient	Stanley Yung Liu MD, DDS, FACS



14.35-14.55	Coffee break	
14.55-15.35	Combination treatment of OSA in adult	Wish Banhiran MD, ABSM, Certified international Sleep Specialist
15.35-16.05	TMD pain and occlusal change from OAT	Premthip Chalidapongse DDS, PhD, International certificant ABDSM
16.05-16.35	Q&A	Moderator: Thiprawee Chattratrai DDS, PhD Siew Peng Neoh DDS

**Day 2: Wednesday, November 20<sup>th</sup>, 2024: Conference**

8.10-8.40	Hands-on workshop orientation	Premthip Chalidapongse DDS, PhD, International Certificant ABDSM
8.40-9.20	Myofunctional therapy: Unlock airway health from infancy	Shereen Lim DDS (virtual)
9.20-9.40	Coffee Break	
9.40-10.20	Craniofacial development and respiratory functions	Audrey Yoon DDS, ABO, ABDSM (virtual)
10.20-11.00	Rapid maxillary expansion in children with OSA	Audrey Yoon DDS, ABO, ABDSM (virtual)
11.00-11.30	Functional orthodontic appliances in pediatric OSA	Supakit Peanchitlertkajorn DDS, ABO, ABDSM
11.30-12.00	Q&A	Moderator: Chidsanu Changsiripan DDS, PhD
12.00-13.00	Lunch	

**Day 2: Wednesday November 20<sup>th</sup>, 2024: Hands-on Workshop**

Moderator: Thiprawee Chatrattraai DDS, PhD  
Siew Peng Neoh DDS

Attendees and instructors are ready at their stations on time 12.45 pm.

7 Stations as follow:

**Station 1- 5:** 13.00 – 15.30 pm. at room 301, 303, 304, 305

Coffee break: 15.30-15.45 pm. at conference room

**Station 6-7:** 15.45 – 17.25 pm. at conference room

Wrap up & Summary: 17.25-17.45 pm. at conference room

Start 13.00 30 mins	Station 1: History taking, understand the sleep report and establishing referral network <ul style="list-style-type: none"> <li>• Screening questionnaires/sleep history taking</li> <li>• Sleep reports</li> <li>• Bidirectional referral to Sleep doctors</li> </ul>	Supanigar Ruangsri DDS, PhD Thaviporn Limrachtamorn DDS  (Room 301)
30 mins	Station 2: Clinical assessment <ul style="list-style-type: none"> <li>• Craniofacial profile</li> <li>• TMJ, masticatory muscle and mandibular movement examination</li> <li>• Oropharynx and intraoral examination</li> <li>• Occlusion examination</li> <li>• Data recording</li> </ul>	Sakarin Tangpothitham DDS Pankaew Yakkaphan DDS, PhD Chayanit Chaweewannakorn DDS, PhD  (Room 304)
30 mins	Station 3: Conventional bite construction and Morning Occlusal Guide (MOG) designs <ul style="list-style-type: none"> <li>• Determine range of mandible movement</li> <li>• Conventional bite construction</li> <li>• MOG designs</li> <li>• Digital bite construction of MOG</li> </ul>	Chidsanu Changsiripan DDS, PhD Prangtip Potewiratnanond DDS Nattakarn Hosiriluck DDS, PhD  (Room 304)
30 mins	Station 4: Digital bite construction and digital workflow of OA <ul style="list-style-type: none"> <li>• Determine range of mandible movement</li> <li>• Digital bite construction</li> <li>• Digital workflow of OA</li> </ul>	Supakit Peanchitlertkajorn DDS, ABO, ABDASM Nattapon Prengsukarn DDS  (Room 305)
30 mins  Finish at 15.30	Station 5: What is the effective titration range, Different OA with different methods <ul style="list-style-type: none"> <li>• OA designs</li> <li>• OA delivery</li> <li>• Titration decision</li> <li>• Methods of titration in each OA</li> </ul>	Somsak Mitrirattanukul DDS, PhD, Dip. ABOP Premthip Chalidapongse DDS, PhD, International Certificant ABDASM  (Room 303)

15.30-15.45	Coffee Break	(Conference room, 1 <sup>st</sup> Floor)
Start 15.45 50 mins	<p>Station 6: Home sleep test is the method for monitoring OA effectiveness</p> <ul style="list-style-type: none"> <li>• Demonstration hook up</li> <li>• Sleep polygraph</li> <li>• Sleep reports</li> </ul>	(Conference room, 1 <sup>st</sup> Floor)
Finish 17.25 50 mins	<p>Station 7: Dental technicians are important to the success of OA treatment</p> <ul style="list-style-type: none"> <li>• Conventional lab processing</li> <li>• Digital lab processing</li> <li>• Common mistakes in both lab procedures</li> </ul>	(Conference room, 1 <sup>st</sup> Floor)
17.25-17.45	Wrap up and Summary	All instructors (Conference room, 1 <sup>st</sup> Floor)