

WHEN APPLIANCES AREN'T ENOUGH: The Nutritional Keys to Sleep and Airway Health



When oral appliances fall short for bruxism, TMJ pain, and sleep apnea - and periodontal disease persists - it's time to explore the underlying biochemistry.

Dental professionals are uniquely positioned to support not only oral health but airway and sleep health as well. In this groundbreaking course, Dr. Sharona Dayan reveals how nutrition and vitamin and mineral balance can dramatically enhance sleep quality - and by extension, the success of oral appliances. Participants will uncover how specific dietary patterns, meal timing, and nutrients can improve sleep and sleep apnea, reduce inflammation and promote oral health.

From understanding the sleep-thyroid-Vitamin D connection to identifying nutrients that affect sleep quality and sleep apnea, this course brings nutritional science to the operatory. Participants will leave equipped to elevate both practice and patient health - one breath, one nutrient, and one good night's sleep at a time.

LEARNING OBJECTIVES

- Identify key vitamins and nutrients that support restful sleep and optimal airway function.
- Analyze the relationship between vitamin D deficiency, sleep apnea, and oral health deterioration.
- Explore carbon dioxide, the forgotten gas, which is crucial for sleep regulation and oral health.
- Evaluate the impact of diet on sleep quality, including timing and intermittent fasting.
- Debunk the dessert myth and learn why a sweet treat may be beneficial for restful sleep.
- Discover how the thyroid affects sleep quality and why proper regulation is essential.
- Recognize the consequences of untreated sleep apnea including bone loss, bruxism, TMJ pain, and periodontal breakdown.

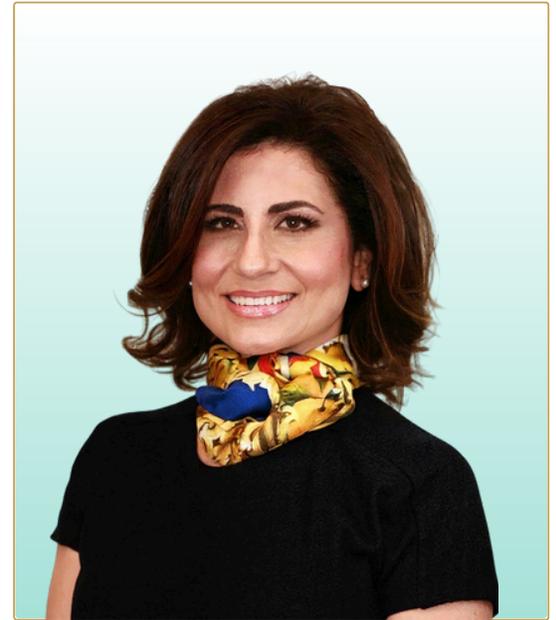
Suggested Audience: Professionals; Dental Professionals

Suggested Format: Partial Day; Lecture, Workshop, Keynote



SHARONA DAYAN
DDS, DMSC

Keep Your Teeth. Naturally



Speaker Packet

- Harvard-trained, Board-Certified Periodontist
- Author of “Keep Your Teeth: A Practical Guide for Everyone”.
- Owner of Aurora Periodontal in Beverly Hills, CA
- Internationally Recognized Speaker

Through her dynamic presentations, Dr. Dayan empowers dental professionals with integrative strategies for improving implant success, periodontal health, and patient outcomes by addressing the overlooked roles of nutrition, airway health, and sleep. She is a frequent guest on podcasts, a sought-after expert for media outlets, and has led a dental study club focused on integrating oral health with whole-body wellness.

Available Lectures

- **When Teeth and Implants Fail Without Cause:**
Bridging Nutrition, Periodontal Health, and Implant Integration
- **When Appliances Aren't Enough:** The Nutritional Keys to Sleep and Airway Health
- **Keep Your Teeth:** A Nutritional Approach to Oral Health and Whole-Body Wellness

Contact

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