

## Sleep Medicine for Dentists: A Practical Overview

Edited by Gilles Lavigne, Peter A. Cistulli, and Michael T. Smith. Quintessence Publishing Co, Inc, 2009. 224 pages. ISBN 978-0-86715-487-0. US \$68.

Dental practice has steadily evolved beyond the mechanical removal of diseased tissues and the restoration of dental function. Indeed, dentistry has progressively embraced the challenge of assuming primary responsibility for our patients' complete oral health status and its interaction with any individual patient's general health. This health strategy has gained more prominence with the increasing evidence of the integral relationship between oral and systemic diseases and disorders. It is therefore essential that dental practitioners expand their knowledge base beyond exclusive concerns with teeth, their supporting structures, and orofacial tissues. Sleep medicine is one such area, although it has only recently begun to gain the prominence it warrants. This text provides both the necessary basic science background and practical applications for the oral health practitioner's appreciation of the field's significance. Without the former, any attempt at the latter is not only futile, but potentially destructive.

This text provides an excellent summary of the physiology of sleep, the associated pathology, and the relationship to the orofacial structures. At the same time, the role of the clinician in the recognition and management of associated disorders is discussed with appropriate emphasis on the need for interaction with other health care practitioners. The material presented is based on available scientific evidence, tempered by clinical experience and practical suggestions. After a brief summary of the neurobiology of sleep and sleep disorders, the authors go into considerable detail, expanding on the three areas where the clinician has a significant role in the diagnosis and management of these disorders: sleep breathing disorders, sleep bruxism, and orofacial pain. The emphasis is on vigilance, diagnosis, and appropriate collaboration, as well as treatment—both pharmacologic and non-pharmacologic. The authors provide admirable and necessary information to facilitate the clinician's decision-making process rather than seeking to prescribe a mechanical treatment approach.

The backgrounds of the editors exemplify the interdisciplinary, collaborative nature of this area of health care. In turn, they have chosen contributing authors whose expertise covers a broad scope of related sciences and health professions, from within and without the classical dental disciplines. As is usually the case when experts in their respective fields seek to provide a lucid integration of their knowledge, they manage to make a complex topic easily understood. For the uninitiated in the field of sleep medicine, this text will provide the necessary background to allow them to integrate it into their practice. For the more advanced practitioner, it will be a valuable reference source.

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