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## Sleep medicine in dentistry: Are you hitting the snooze button?

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Healthy sleep is a vital activity for mental and physical wellbeing and yet our understanding of the mechanisms and physiology of sleep that link brain activity has been relatively limited. Today we understand that sleep is an active process that subserves many functions of the brain and body. With the increasing awareness of the adverse effects of airway disorders particularly Obstructive Sleep Apnea (OSA) and the gradual realization that Pediatric dentists have the capability of offering possible care in this area with an early intervention, it is time to consider avoiding hitting the snooze button for a new aspect of dentistry as Dental Sleep Medicine.

The principal action of function and performance is always breathing which, in fact, is one of the most important functions for humans. Altered airway and pattern of breathing could change the posture of jaws, head and lead to mild or severe malocclusion. Early interception by a Pediatric Dentist and dental treatment has a beneficial effect not only on the teeth and oral musculature but establishes the best possible airway at the earliest possible age.

Today, dental profession is crucial and integral part of the interdisciplinary group in the management of Sleep Related Breathing Disorders. This presentation will guide a dentist to identify a child or adult suspected or at a risk of SRBDs. Also, it will explain the role of a Pediatric dentist and Orthodontist in the management and treatment of the SRBDs.

### Biography

Dr. Anirban Chatterjee specializes in Pediatric and Preventive dentistry with five solid years of experience. Over the years he has dedicated himself to exemplary patient outcomes following all necessary medical, dental and surgical procedures with the use of the latest industry equipment and technology. He prefers to be a skilled team player and leader who understand the importance of collaborative and comprehensive care for the best treatment outcomes of patients particularly children. Dr. Anirban Chatterjee is currently an Assistant professor in the department of Pediatric & Preventive Dentistry in College Of Dental Sciences; Ahmedabad – Gujarat (India)

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