



Northeast Ohio Center for Dental Sleep Medicine

To schedule an appointment,
call **216.831.1170**.



Office location:

Metropolitan Plaza
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Beachwood, OH 44122

SleepWellOhio.com

Douglas Desatnik, D.D.S., AADSM Qualified Dentist

After graduating Cum Laude from the Ohio State University College of Dentistry, Dr. Douglas Desatnik opened **Chagrin Highlands Dental Group**, a general dental practice with a comprehensive care philosophy. He later took a special interest in the field of sleep medicine and oral appliance therapy. Dr. Desatnik recognized the need for high-quality appliance therapy and immersed himself in continuing education courses to gain a high level of clinical competency in comparison to other dental appliance providers in the Northeast Ohio area. His diligence and pursuit of additional training led to Dr. Desatnik's designation as a Qualified Dentist by the American Academy of Dental Sleep Medicine. Dr. Desatnik is one of the only dental sleep medicine providers in the Northeast Ohio area who has achieved this distinction. Dr. Desatnik is actively working to become an American Board of Dental Sleep Medicine Diplomate.

Professional Associations

The American Academy of Dental Sleep Medicine (AADSM)

The American Academy of Sleep Medicine (AASM)

The American Thoracic Society (ATS)

The American Dental Association (ADA)

The Ohio Dental Association (ODA)

The Greater Cleveland Dental Society (GCDS)

The Academy of General Dentistry (AGD)

Spear Education Study Club

Western Reserve Study Club



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About the Center for Dental Sleep Medicine

As the *only* dedicated dental sleep medicine practice in the Northeast Ohio area, we focus on providing patients who suffer from snoring or obstructive sleep apnea with an adjunct or alternative to PAP therapy.

- *Adjunct* to PAP and Surgical Therapy
 - Lower PAP pressures with co-therapy
 - Optimize results of UPPP or Inspire therapy
 - Option for patients who travel frequently without PAP
- *Alternative* to PAP Therapy
 - First-line therapy for treatment of mild OSA and Primary snoring
 - PAP intolerant/non-compliant/failure
 - Patient desire for alternative to PAP other than surgery

While other dental offices may offer treatment for self-diagnosed cases of sleep apnea as an option among their overall selection of dental procedures, the Northeast Ohio Center for Dental Sleep Medicine has limited its focus to oral appliance therapy only following diagnosis by a Board Certified sleep physician and direct-referred for disease co-management.

Strict Adherence to AASM-AADSM Joint Guidelines

Together with the American Academy of Sleep Medicine, the AADSM has created a set of guidelines for dentists to follow when treating patients with oral appliance therapy. Dr. Desatnik and his team ensure that these guidelines are strictly applied here at our office. They include best clinical practices, definitions of effective oral appliances, treatment protocols, policy statements on the diagnosis and treatment of obstructive sleep apnea, and a position statement on portable monitoring devices.

Dr. Desatnik is committed to developing positive relationships with patients as well as physicians who are looking to refer individuals to a qualified dental sleep medicine professional. We work very closely with physicians to create evidence based treatment plans based on patient diagnosis and therapeutic goals. We believe that this team approach to care, along with rigorous adherence to the joint guidelines stipulated by the AASM and the AADSM, assist us in providing physicians with another treatment option and patients with unparalleled care to achieve results that can truly change lives.

For more information, visit SleepWellOhio.com.