

# Sleep disorders, Diagnosis, treatment and A Dentist's role in early diagnosis and treatment of sleep disorders: A Review

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## ABSTRACT

**Objective/Background:** Sleep disorders are interdisciplinary and involve a number of specialties such as respiratory medicine, neurology, psychiatry, otolaryngology, and Dentistry. 87.5% of the patients with loud snoring suffer from sleep-disordered breathing, of which 72% complain of excessive daytime sleepiness. Controversial evidence exists on the association of sleep disorders as a primary or secondary risk factor for many common systemic conditions. Yet, sleep medicine is not given emphasis in medical school education. In addition, dentists now participate in the recognition and treatment of sleep disorders, Dentist's role and involvement in the treatment and management of a sleep-disordered patient may be indirect or direct. Hence, this review explains sleep disorders, diagnosis and treatment, and the role of dentists in early diagnosis and treatment.

**KEYWORDS:** sleep disorders, dentists, sleep, sleep medicine

## INTRODUCTION

Sleep is a biological process essential to life and optimal health. Sleep plays a critical role in brain function and systemic physiology, including metabolism, appetite regulation, and the functioning of the immune, endocrine, and cardiovascular systems [1]. The peak metabolic rate occurs during sleep. Therefore, sleep has intrigued scientists around the world. Millions of Indians are plagued by sleep disorders.

It's a serious public health risk that too many doctors ignore [2]. Normal healthy sleep is characterized by sufficient duration, good quality, appropriate timing and regularity, and the absence of sleep disorders and disorders [1]. Sleep disorders can often be a symptom of an illness, or

can also be an indicator of a future illness such as depression. For these reasons, sleep assessment is an essential part of any health check-up. For this reason, many healthcare systems have put mechanisms in place to prevent sleep disorders by providing specific plans related to education and awareness of good sleep habits, knowing that their role and involvement in the management and management of a patient with sleep disorders can be indirect or direct. Therefore, this review focuses on the emerging branch of medicine, sleep medicine, its multidisciplinary approach, and the role of dentists in the early detection, treatment, and care of affected patients.

## SLEEP DISORDERS CLASSIFICATIONS

The classic clinical phenomenological

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# Sleep Disorders Diagnosis And Treatment

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