



NEWS RELEASE

**Dr. Kent Smith Trains Dental Professionals from Across the Nation
at American Sleep & Breathing Academy Study Club**

Frisco, TX (December 12, 2016) - Sleep Dallas, a leading dental sleep medicine practice, today announced that Dr. Kent Smith, owner of Sleep Dallas and President of the American Sleep and Breathing Academy, trained dental professionals from across the United States at the American Sleep and Breathing Academy's Study Club in Phoenix, AZ on December 9 and 10. His lectures focused on sleep hygiene and cognitive behavioral therapy, and how they relate to the treatment of sleep and breathing disorders.

The American Sleep & Breathing Academy (ASBA) is a national organization dedicated to the improvement of patient care by dentists and sleep medicine practitioners responsible for treating sleep disorders. The purpose of the Study Club event was to teach dental professionals how oral appliance therapy can be used to treat sleep and breathing disorders, so they can begin to apply that knowledge to treating patients in their own practices.

"It's always an honor to help these dentists increase their area of expertise in the treatment of sleep and breathing disorders," said Dr. Smith. "As current president of the ASBA, I'm keenly focused on increasing awareness of the prevalence of these sleep disorders and how effectively they can be treated with oral appliances. By speaking at industry events, I am not only able to further that mission, but also keep a pulse on the very latest in dental sleep medicine. It's my hope that conferences like the Study Club will continue to empower dentists with the knowledge and training they need to both identify and treat potentially life-threatening sleep disorders in their own practices."

NFL legends Jet Stream Roy Green of the St. Louis Cardinals and Derek Kennard of the Dallas Cowboys joined Dr. Smith and other industry experts to share their personal histories with sleep apnea. Prior to treatment, Green suffered three heart attacks and two strokes due to complications from sleep apnea. Since receiving his oral appliance four years ago, he has not had any sleep apnea related health problems. Derek Kennard began wearing an oral appliance as a preventative measure after his brother died of sleep apnea at the age of 47.

About Sleep Dallas

Sleep Dallas provides life-changing treatment options for patients suffering from sleep issues such as snoring and persistent fatigue, as well as diagnosed sleep disorders like sleep apnea. Sleep Dallas is focused on oral appliance therapies and orthodontics as alternatives to conventional treatments options that many users find to be ineffective. The practice's founding sleep dentist, Dr. Kent Smith, is a pioneer and thought leader in the realm of dental sleep

medicine. In addition to serving his patients, Dr. Smith regularly hosts seminars and lectures, both nationally and internationally, to train dentists in dental sleep medicine. He is also the host of "Pillow Talk" that broadcasts weekly on KAAM 770 in the Dallas area. To learn more about Sleep Dallas and Dr. Kent Smith, [visit sleepdallas.com](http://www.sleepdallas.com).

Media Contact

Carrie Straub

Bloom Communications

512.535.5066

Carrie@bloom-comm.com