

Online based education in Dental Sleep Medicine and TMD that is practical, professional, and principle based for the dentist that is looking to care for their patients at the highest standard of care and ethics. **Over 50 hours of “learn it today, use it tomorrow” principles and techniques, with the ability to review them as often as desired and use for team training.** It's like taking a week long course from Jamison, plus all the tools to use in your practice, so you can finally implement Dental Sleep and/or TMD with confidence.



# Spencer *Study Club*



**“Dental Sleep Medicine  
is easy, as long as you  
understand TMD!”**

*Jamison Spencer DMD, MS*

## Level 1: Get Started Saving Lives!

14  
hours

- The basics of normal sleep
- **Snoring and why it's not benign**
- Obstructive Sleep Apnea (OSA) in adults and children
- How depression, GERD, ADHD, Fibromyalgia, and other common problems may be related to OSA
- **Screening your patients**
- Home sleep testing and in lab testing
- **Oral appliances for OSA—choosing the right appliance made simple**
- How to avoid and treat the most common side effects
- Everything you wish you remembered about anatomy
- **The most common TMJ disorders and the secrets to diagnosing and treating them without lots of expensive equipment (or expensive treatments)**
- The connection between bruxism, TMJ problems, and OSA
- **Capsulitis diagnosis, treatment, and management**
- Avoiding the top mistakes dentists make when getting started treating sleep
- **Dos and Don'ts of medical billing...how to keep your license, stay out of prison, and actually have the insurance companies sending patients to you!**

## Level 2: Confident Clinical Care

12  
hours

- All the steps from screening to final follow-up
- How to read and understand sleep study reports
- Oral appliance adjustments—tightening, loosening, adding vertical, and more!
- Oral appliance tips and tricks
- **Advanced Oral Appliance Therapy**
- **In depth look at avoiding and dealing with side effects**
- **Management of "Jaw Pain"**
- Finding the "sweet spot"
- Adjusting oral appliances in the Sleep Lab
- **Working with Medical Insurance and Dental Sleep Medicine Billing**

## Level 3: Totally TMD

12  
hours

- Myalgia and Myofascial pain, diagnosis, treatment, and management
- How to perform trigger point injections
- Internal Derangements
- **Splint Therapy and Nightguards**
- How to unlock someone with a closed lock
- **Craniofacial pain problems, diagnosis, treatment, and management**
- Use of diagnostic and therapeutic injections
- Botox for TMD: when it's indicated and when it's stupid
- **The puzzling world of billing for TMD**
- **Treating TMD and OSA simultaneously**

## Level 4: Expanding Your Impact

8  
hours

- **How to work with and market to the medical community, instead of trying to go around them**
- Internal & external marketing
- The pros and cons of contracting with Medicare and insurance companies
- **How to work with DME companies and sleep labs**
- Marketing to the public that actually works, AFTER you've built your reputation foundation
- **Practical principles of profitability for DSM & TMD**
- Patient Education Video customized for your practice

## Level 5: Deep Into Sleep

8  
hours

- What you need to know about Insomnia, RLS, PLMS, and other sleep disorders
- **Medications that affect sleep**
- **OSA's connections to seemingly everything**
- Normal and abnormal sleep in children
- Surgeries for OSA, from orthognathics to tongue stimulators
- Life hacks to get you the best possible sleep
- **Tips for Challenging Cases**
- The latest in OSA research

### Every Level comes with...

- All the forms for every step of the process
- All the letters for communication with the prescribing physician
- All the billing helps and templates
- Access to "how to" videos & FAQ's area
- Online "members only" forum to help mentor you through cases
- Monthly Webinars
- Discount on tuition to Live, Hands On Events
- Access to all content for you and up to 5 staff per office
- Additional dentists in the same practice location at 75% off
- PLUS CE Certificates when you complete the quizzes (for you and up to 5 staff included)
- AND you'll retain this access for a full 12 months to revisit the content as needed for a full year (and then continue to receive access for a nominal monthly fee)

On Demand  
Education!!



Academy  
of General Dentistry

**PACE**

Program Approval for  
Continuing Education

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for more information and a  
cool demo video