

Dental Sleep Medicine and TMD Mini Residency.



An unparalleled hybrid program focused on treating
maxillofacial discrepancies, malocclusion,
masticatory-temporomandibular joint disorders,
and dental sleep medicine for **pediatrics** and **adults.**

Cohort 1: September 26-27, 2025 | November 14-15, 2025

Cohort 2: January 23 - 24, 2026 | April 24 - 25, 2026



**36 CEU
Credits**

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COURSE OVERVIEW

Session 1: Online Self-study (4 hours)

Session 2: On-site (2 days)

Session 3: On-site (2 days)

**A revolutionary course focused on Airway
Management, TMD Treatment, and Bite
Correction.**

You are invited to the upcoming:

Dental Sleep Medicine and TMD Mini Residency

Welcome to an unprecedented hybrid program focused on treating **maxillofacial discrepancies, malocclusion, masticatory-temporomandibular joint disorders**, and **dental sleep medicine** for **pediatrics** and **adults**.

This **3-session 36 CE** program will give you the competitive edge you are looking for.

Course Cohort Dates

Cohort 1

Session 1: Virtual
Session 2: September 26-27
Session 3: November 14-15

Cohort 2

Session 1: Virtual
Session 2: January 23-24
Session 3: April 24-25

This hybrid program is exclusive to only **8 participants** who are serious about taking the next step in their sleep medicine career. This limited capacity allows for a focused learning environment where participants will be actively engaged with hands-on learning modules.

This is the **only** mini-residency program that simultaneously addresses **TMD and Sleep-Related Breathing Disorders (SRBD)** **simultaneously for pediatrics and adults** utilizing proprietary and proven technologies and treatment philosophies taught by **Dr. Joseph Yousefian**.

Current AAPMD Members Save \$550!

Upon completing this course, you can position your practice to address sleep disorders and TMD. Don't miss out on this unique opportunity to learn hands-on from one of the industry's clinical pioneers in adult/pediatric airway and TMD experts, Dr. Joseph Yousefian.

We look forward to helping you take the next big step in your sleep medicine career and seeing you at the program.



Ryan Yousefian, M.S.
CEO
ApnoMed Inc.
Ryan@apnomed.com
425-346-7961

OVERVIEW

Session 1: Virtual Self Study
Session 2: In Person
Session 3: In Person



This exclusive course will give you the comprehensive educational and hands-on experience needed to transform your practice into a sleep apnea and TMD treatment powerhouse. During this course, you will learn how to utilize cutting-edge appliances and techniques developed by Dr. Yousefian for managing and treating sleep-related breathing disorders **utilizing clear aligner therapy simultaneously**. You read that right... Not only will you learn to **manage** airway and TMD disorders, but you will also learn how to **treat** them with the ApnoTx and aligners.

There is a relationship between malocclusion-maxillofacial discrepancies, TMD, and SRBD - OSA. These categories in a significant number of patients overlap. The proper management of either condition will involve knowledge in all fields.

By the end of the program, you will be able to confidently:

- Identify OSA and TMD patients
- Manage mild to moderate adult OSA patients
- Manage and treat masticatory and mild to moderate myofascial and intracapsular issues in adult and growing patients
- Utilize the ApnoDent and ApnoTx to manage and treat TMD/OSA during orthodontic/clear aligner treatment
- Build a physician network for pediatric and adult SRBD-OSA patients
- Have medical insurance reimbursement implemented
- Have your practice set up for dental sleep medicine success



SESSION 1

**Online Introductory
Session: 4-hours of Pre-
Recorded Material**



Review of head and neck anatomy related explicitly to craniofacial pain, TMD, and upper airway disorders.



Review normal growth and development, occlusion, and masticatory function.



The etiology of malocclusion, masticatory, and temporomandibular joint disorders.



Normal upper airway function, sleep, and etiology of sleep-related breathing disorders - obstructive sleep apnea.



Imaging of the TMJ and use of CBCT and MRI as diagnostic modalities.



Instruction on analog and digital impressions for fabrication of orthotics and hybrid oral sleep - orthodontics - TMJ appliances.

At the end of this session, participants are encouraged to take digital or analog impressions of themselves. ***Custom appliances will be fabricated and used at Session 1 for hands-on practice***

SESSION 2

- Friday, 09/26/25 or 01/23/26
- Saturday, 09/27/25 or 01/24/26

Day 1 - September 26 or January 23

- Review of airway anatomy and respiratory physiology related explicitly to upper airway disorders
- Understanding the polysomnogram(sleep study)
- How and when to screen, evaluate, examine, treat, or refer pediatric and teenage patients suffering from SRBD-OSA
- Interdisciplinary management options for pediatric and teenage patients with SRBD and OSA
- An overview of treatment modalities, including myofunctional therapy, cognitive behavioral therapy (CBT), and otolaryngology in treating SRBD-OSA
- Follow-up for oral appliance therapy, assessment of success, portable monitoring as an assessment tool for the dentist
- How to implement dental sleep medicine in practice and to use dental and medical coding for dental and medical billing.

Day 2 - September 27 or January 24

- Sleep pathologies – SRBD-OSA, persistent hypersomnolence to insomnia – recognizing and understanding; narcolepsy, restless legs syndrome, and other neglected sleep disorders
- An overview of extra and intraoral exams for SRBD-OSA and a review of stabilization appliances for the management and treatment of SRBD-OSA
- Hands-on instruction for the intra and intraoral exams for SRBD-OSA
- Hands-on instruction for analog impressions for the fabrication of oral appliances
- Hands-on digital impression for fabrication of oral appliances
- Hands-on delivery of oral appliances for the management of bruxism and SRBD-OSA

(All participants will get their own ApnoDent appliance)

SESSION 3

- **Friday, 11/14/25 or 04/24/26**
- **Saturday, 11/15/25 or 04/25/26**

Day 1 - November 14 or April 24

- ▶ Review of occlusion and masticatory system explicitly to craniofacial pain, masticatory-TMJ, and upper airway disorders
- ▶ How and when to screen, evaluate, examine, treat, or refer TMD patients
- ▶ Treatment of masticatory muscle disorders - management and treatment of bruxism
- ▶ Treatment of articular disc disorders and close-locked management
- ▶ An overview of treatment modalities and use of hybrid oral sleep-orthodontics -TMJ appliances with aligners for the management of masticatory and articular disc disorders
- ▶ An overview of treatment modalities and use of hybrid oral sleep-orthodontics -TMJ appliances with aligners for the management of masticatory and articular disc disorders
- ▶ The significance of upper airway disorders, sleep bruxism, and malocclusion
- ▶ Early intervention for the management of malocclusion and maxillofacial discrepancies in young children
- ▶ An overview of the hybrid oral sleep-orthodontics -TMJ appliances and use of aligners for managing malocclusion and maxillofacial discrepancies in growing and teenage patients
- ▶ How to implement TMJ therapy in your practice and to use dental and medical coding for dental and medical billing

Day 2 - November 15 or April 25

- ▶ An overview of extra and intraoral exams for TMD and SRBD-OSA and a review of the use of hybrid oral sleep-orthodontics -TMJ appliances with aligners for the management and treatment of mild to moderate SRBD-OSA, malocclusion, intracapsular and masticatory muscle disorders and their interactions with SRBD-OSA
- ▶ Hands-on instruction for:
 - Extra and intraoral exams for TMD and SRBD-OSA
 - Analog impression for fabrication of hybrid oral sleep-orthodontics -TMJ appliances
- ▶ Hands-on digital impression for:
 - Fabrication of hybrid oral sleep-orthodontics -TMJ appliances
 - Delivery of hybrid oral sleep-orthodontics -TMJ appliances and aligners for management of TMD and SRBD-OSA

MEET THE FACULTY



Joseph Yousefian
DMD, M.S

- Diplomate of American Board of Dental Sleep Medicine
- Diplomate of American Board of Orthodontics
- Published Author and Key Opinion Leader in TMD/Airway
- Inventor of ApnoMed's Technologies



Sue Vetter
DDS

- Affiliate Professor University of Washington Dental School
- Graduate of Dawson Academy, Kois Center, Schuster Center and OBI
- Faculty, OBI Foundation for Bioesthetic Dentistry



Sal Rodas
MBA

- Published author, speaker, and dental and medical technology evaluator
- Dedicated his career to leading companies in the medical and dental sleep industry on innovative solutions
- Presented hundreds of CE hours nationally and internationally on dental sleep medicine and practice growth



Ryan Yousefian
M.S

- Co-Founder of ApnoMed
- Sleep Integration and Marketing Specialist
- Forbes 30-Under 30 Most Influential Entrepreneurs

Scan to Register



BELLEVUE, WA



10% off Registration!

Use Code "aapmd2025"
at checkout

(must be a current AAMPD member)

Registration Details:

Course Venue:

Friday-Saturday 8 am-5 pm PST
ApnoMed Inc. Learning Center
12715 Bel Red Rd. STE 140
Bellevue WA 98005

**Space is limited to 8
attendees per cohort**



**COMPREHENSIVE
TREATMENT SEMINARS**



PACE
ACADEMY of
GENERAL DENTISTRY
PROGRAM APPROVAL
FOR CONTINUING
EDUCATION

Course Price:

**(Price Includes all Sessions, Lecture Handouts,
and Personal ApnoDent Oral Appliance)**

Clinician: \$5,495

Team Member: \$1,995

36 CEU's

Non-profit AGD PACE Approved



Dr. Joseph Yousefian DMD, MS
Course Director

**Contact Ryan Yousefian with any
questions:**

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Email: Ryan@apnomed.com

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