

APP-NEA, LLC, a leader in sleep health initiatives and an end-to-end, turn-key **dental sleep medicine (DSM) & OAT** practice solutions provider was founded on principles that communication and teamwork between sleep physicians and dentists is imperative to providing exceptional patient care

Our mission is to bring about awareness; not only to the public but also to the entire medical and dental community, to the prevalence of **Obstructive Sleep Apnea (OSA)** and create a system that supports transparency, accountability and “best practice” in diagnosis, treatment options and management of **Sleep Disordered Breathing (SDB), OSA and Snoring**; so that providers and patients are fully engaged in collectively deciding the best and most practical solution for the patient

As a specialized healthcare organization that has both **sleep medicine (SM)** practitioners, physicians and dentists, we have an ongoing obligation in providing appropriate, most current and effective care for your patients, even as care delivery models change

## The Benefits of Joining

We invite you to join our national, APP-NEA Dental Network, which is dedicated to supporting physicians and dentists with marketing, networking and innovative educational, easily implementable and automated administrative and clinical solutions for **oral appliance therapy (OAT)** for treatment of **Snoring and Obstructive Sleep Apnea (OSA)** into their practice

- **Treat Obstructive Sleep Apnea and Snoring, Safely, Predictably, and with Confidence**
- Expand your range of services and an additional revenue model by implementing turn-key, out-of-the-box clinical and administrative systems for seamless integration of **OAT** in your practice
- **Access to the only predictive analytic MAD-FIT™ algorithm, powered by automation and refined by big data, enabling an APP-NEA certified dentist to record the exact jaw position for maximum airway patency and therapeutic outcome with an oral appliance and fit a Mandibular Advancement Device (MAD) precisely from the very first fitting**
- Market services beyond sleep medicine and CPAP to new patients and other medical and dental professionals in your community and get referrals for other services you offer
- Engage with APP-NEA™ network of physicians, sleep and dental laboratories that work with professionals like you to treat patients with sleep apnea and snoring using the most advanced treatment protocols and the highest ethical standards
- Reduced fees for services from our network of independent Home Sleep Study providers and Dental Laboratories, decreasing your cost and increasing your profitability.
- Be identified as a credentialed Sleep Expert in your Community
- Get all of the important sleep medicine and dental sleep medicine updates, in one convenient place – your inbox
- **MAD-FIT DSM Certification Course and 10 AGD-PAGE CE (\$2995)** and as **bonus #1**, your 1<sup>st</sup> case is at **no charge (normally \$495)**, **bonus #2**, Team Training module “Sleep SWOT” and extended **bonus #3**, marketing letters, brochures and posters, for as long as you are a member in good standing

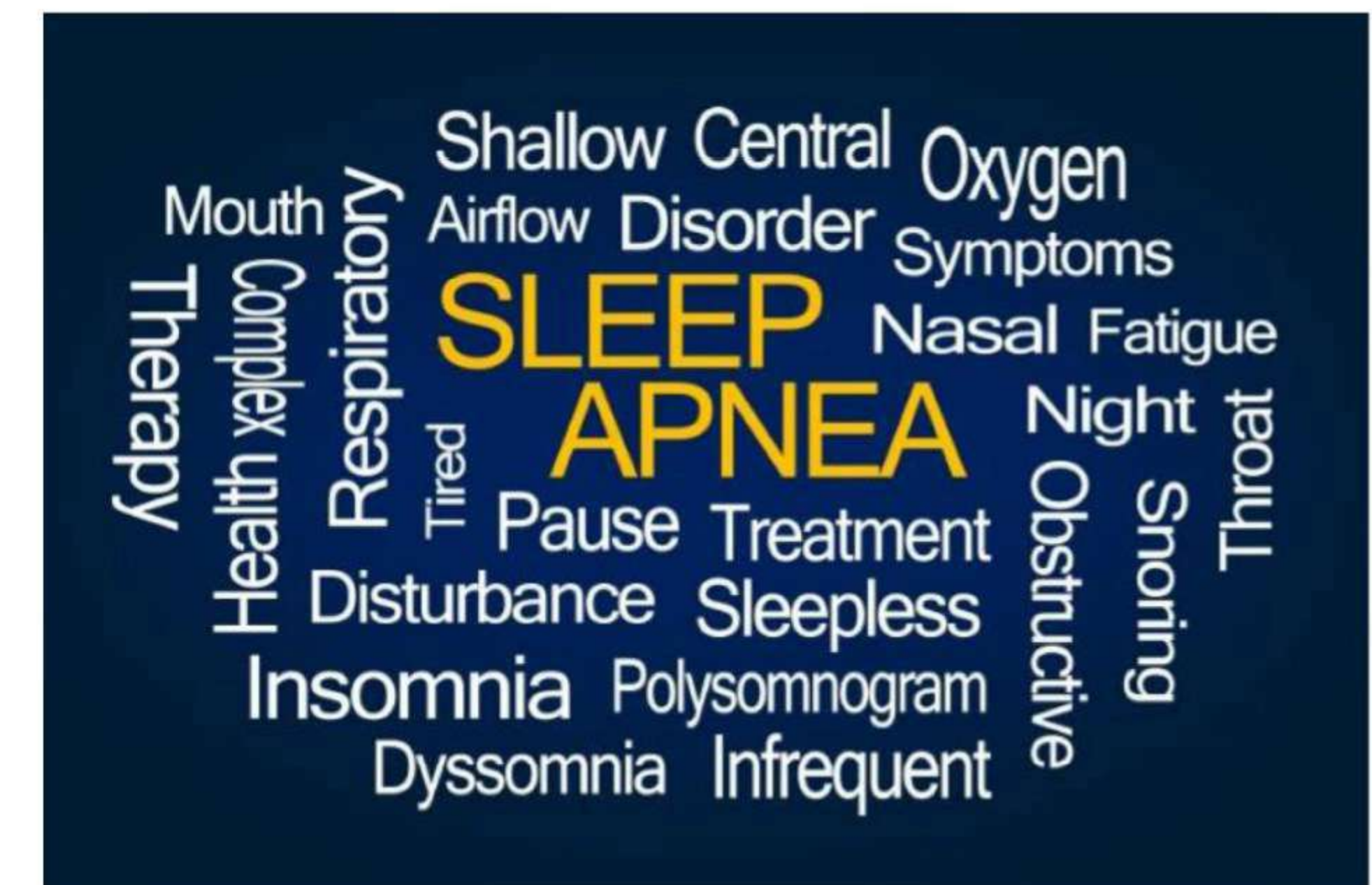
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### Why is healthy sleep so important?

Healthy sleep is one of the pillars of a healthy lifestyle.

Proper sleep, or lack thereof, affects daytime functioning and cognition, physical health, emotional wellbeing, safety and all aspects of your life.



**APP-NEA**

Passion – Patients – Practice - Profession



# What is OSA

**Obstructive Sleep Apnea** – also known as “**OSA**” or simply, sleep apnea -- is one of the most common sleep problems. It is a condition that is characterized by shallow breathing or pauses in breath while sleeping.

For those 30+ million US adults who suffer from **OSA**, their breathing can pause for a few seconds to over a minute for potentially hundreds of times each night.



## Why Screen For OSA

- Tongue and Throat muscles are the 1<sup>o</sup> cause
- 1 out 5 adult dental patients
- 1 out of 8 children – ADHD, Bed Wetting.....
- 1 out of 4 diagnosed, refuse CPAP
- >55% are CPAP intolerant/noncompliant
- >82% are Oral Appliance Therapy compliant

STOP-BANG Sleep Apnea Screening Questionnaire

NAME	HEIGHT	WEIGHT
AGE	DOB	TODAY'S DATE

Please answer yes or no to the following questions. This is a screening tool to assess the risk potential for sleep apnea.

S - Snoring - Have you been told that you snore?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
T - Tired - Do you often feel tired, fatigued, or sleepy during daytime?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
O - Observed - Do you know if you stop breathing or has anyone witnessed you stop breathing while you are asleep?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
P - Pressure - Do you have high blood pressure or are you on medication to control high blood pressure?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
B - BMI - Is your body mass index greater than 28?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
A - Age - Are you over 50 years old?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
N - Neck Circumference - Are you a male with a neck circumference greater than 17 inches? Or a female with a neck circumference greater than 16 inches?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
G - Gender - Are you a male?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

TOTAL SCORE

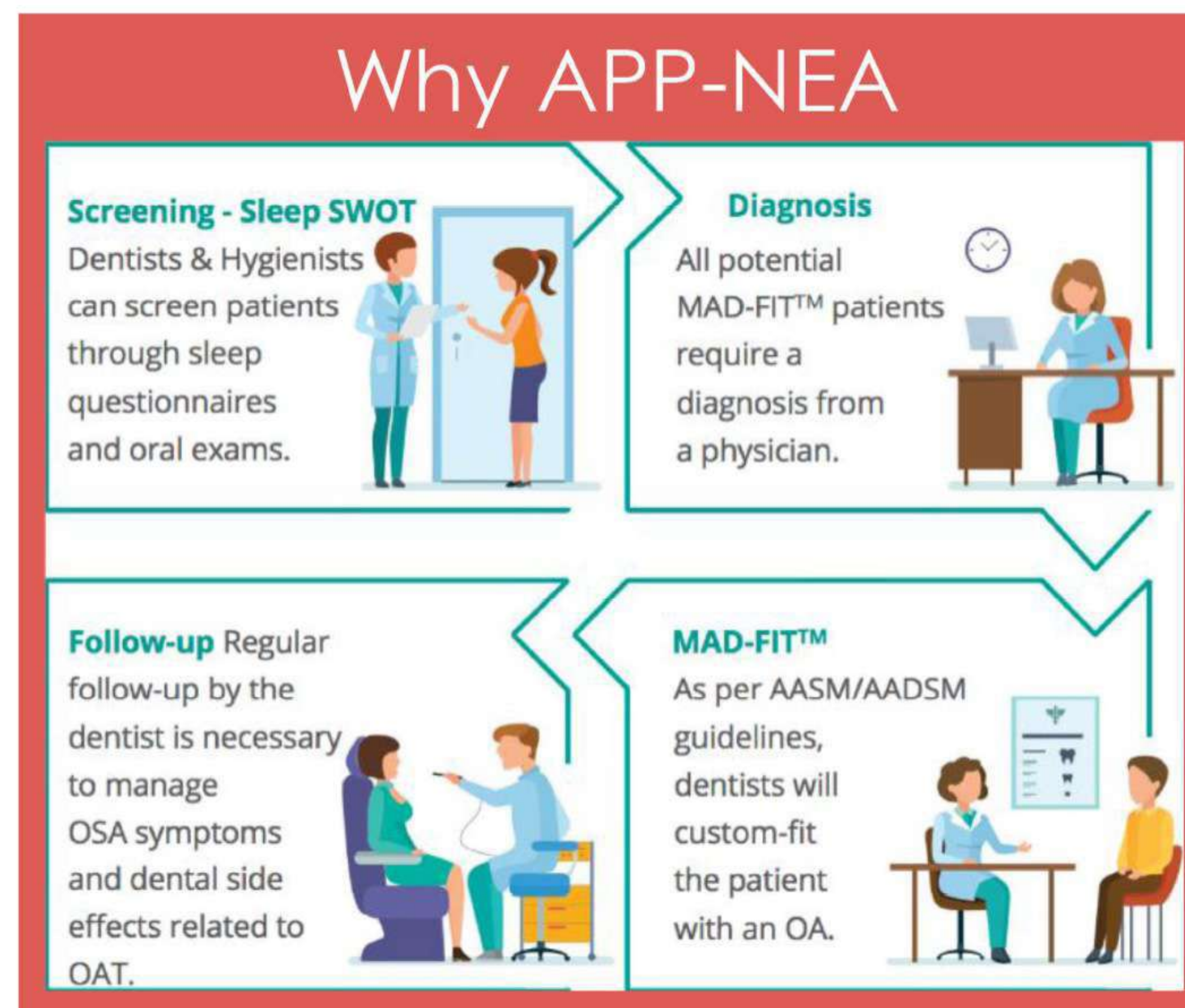
High Risk Of OSA: Yes 5 - 8  
Intermediate Risk Of OSA: Yes 3 - 4  
Low Risk Of OSA: Yes 0 - 2

A "YES" Answer To 3 Or More Of These Questions, Indicates A HIGH Risk Of OSA.

# Why Treat OSA

AASM's 2015 practice guidelines, highlights the important role physicians and dentists adequately trained in **Oral Appliance Therapy (OAT)** can play in the treatment of **Snoring and Obstructive Sleep Apnea (OSA)**

**CPAP** and **Oral Appliance Therapy** can have a positive impact on patient's health, behavior, emotional wellbeing and reduce healthcare costs, providing lifesaving care and improving your patients and practices health



APP-NEA, a healthcare technology company working in concert with key opinion leaders, has created a cost effective, cloud based comprehensive and easy to implement turn key dental sleep medicine program and oral appliance therapy services for your practice

Your membership will position you for preferred local exposure as a qualified and credentialed APP-NEA's expert dentist, especially as national payer's and self-insured employers are increasingly becoming aware of the importance of sleep health for their members and employees

With membership in APP-NEA Dental Network, you join a network of select dentists with the ability to provide services for this new base of patients and medical professionals in your community as they become available through APP-NEA's innovative marketing initiatives

Your membership in APP-NEA's Dental Network will not affect any of your current relationships and clinical activities

[www.app-nea.com](http://www.app-nea.com)

# Treat OSA – Get MAD

- Mandibular Advancement Devices look similar to mouth guards and hold the lower jaw forward and prevents the tongue from falling back and blocking the throat
- The tongue is distracted away from the roof of the mouth and back of the throat to achieve maximum effective airway patency and passive breathing by reducing and often eliminating the obstruction
- Improved compliance of therapy compared to other treatments for sleep apnea
- Compact and portable – device can fit in a pocket
- Discreet – device is not visible to bed partner when mouth is closed
- Immediate response – most patients see improvement on the first night
- Energy conservation – the device does not use any electricity. You don't have to plug the device into a wall to function

## MAD-FIT™

The researcher and development team at APP-NEA LLC, have been devoted to finding a more scientific approach to oral appliance therapy and implementation of end-to-end Dental Sleep Medicine (DSM) practice solutions

Hundreds of patients, a major clinical study and over a decade of research later, they developed predictive algorithms that use meta data analytics, machine learning and artificial intelligence to automate DSM workflow & engineer a precise three-dimensional lower jaw position for maximum airway patency and effective management with a mandibular advancement device

They named the clinical algorithm MAD-FIT, for the perfect fit and position it gives an oral appliance from the very first use

The algorithms bypass the unscientific, subjective, and time-consuming trial and error method of titration of an oral appliance. A patient's breathing is improved from the first time they wear a MAD-FIT titrated appliance

***"I'm so happy and thankful to Dr. Singh for helping me with my snoring and sleep apnea. APP-NEA made the whole process so easy and they even got my medical insurance to pay for the oral appliance. Thank you again Dr. Singh" - Oscar***