APP-NEA, LLC, a leader in sleep health initiatives and a end-to-end **Dental Sleep Medicine (DSM)** 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

To Advance the Science and Practice of Dental Sleep Medicine through Education, Research and State of the Art Treatment Processes for the Benefit of Mankind.

We do this to serve both healthcare professionals and patients.

Through APP-NEA, sleep physicians and dentists can offer services and solutions that will more effectively help their patients and grow their practices.

We exist to diminish the barriers that too many encounter on their path to restful sleeps, improved daytime function and better quality of life.

The Benefits of Joining

We invite you to join our national, APP-NEA Physician 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**, **with Confidence**

Expand your range of services by implementing complete out-of-the-box clinical and administrative systems for seamless integration of **dental sleep medicine (DSM)** and **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 physician or 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, dentists, sleep & dental laboratories that work with professionals like you to treat patients suffering from obstructive sleep apnea and snoring using the most advanced treatment protocols and the highest ethical standards
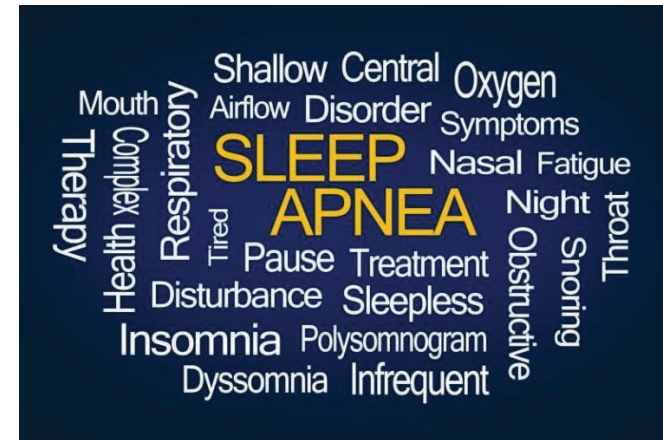
Be identified as a credentialed Sleep Expert in your Community

Get all of the important sleep medicine and dental sleep medicine updates, in one convenient place – your inbox

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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 as little as 10 seconds to over a minute, potentially hundreds of times each night

Normal airway | Obstructive sleep apnea

Why Treat with MAD

- Tongue and Throat muscles are the 1° cause
- 1 out 5 adult patients in your practice
- 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
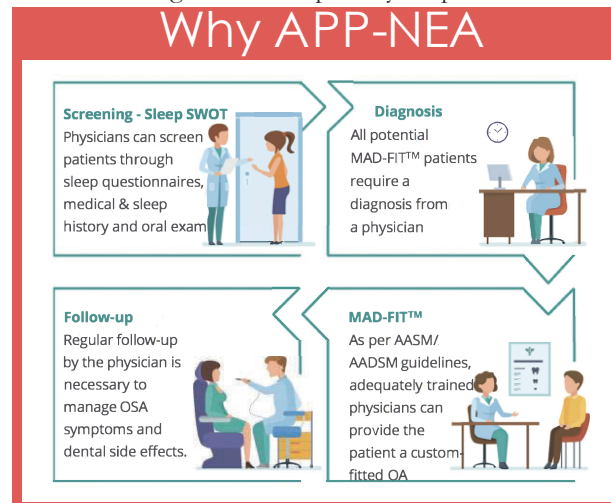

STOP-BANG Sleep Apnea Screening Questionnaire

NAME		HEIGHT		WEIGHT	
AGE		GENDER		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.

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

CPAP and OAT can have a positive impact on patient's health, behavior, emotional wellbeing and reduce healthcare costs
Provide lifesaving care and improve your practice's health

Why APP-NEA

Screening - Sleep SWOT
Physicians can screen patients through sleep questionnaires, medical & sleep history and oral exam

Diagnosis
All potential MAD-FIT™ patients require a diagnosis from a physician

Follow-up
Regular follow-up by the physician is necessary to manage OSA symptoms and dental side effects.

MAD-FIT™
As per AASM/ AADSM guidelines, adequately trained physicians can provide the patient a custom-fitted OA

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 physician, 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 Physician Network, you join a network of select physicians with the ability to provide services for this new base of patients and other healthcare professionals in your community as they become available through APP-NEA's innovative marketing initiatives

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 from the first night of use

- Energy conservation – the device does not use any electricity. You don't have to plug the oral appliance 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 severe sleep apnea condition. 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