

# Michael Scott Simmons, DMD, MScMed, MPH, MSc

ADA specialist in Orofacial Pain  
Diplomate American Board of Dental Sleep Medicine  
Diplomate American Board of Orofacial Pain  
Fellow American Academy of Sleep Medicine  
Director Accredited Dental Sleep Medicine Facility

## CURRICULUM VITAE December 2023

### Personal History

Marital Status:

Married Pamela, three adult children

Office:

Private Practice 2016 (Sept) - Present

16500 Ventura Blvd. Ste 370  
Encino, CA 91436

Private Practice 2006-2016 (Sept)

18386 Ventura Blvd  
Tarzana, CA 91356

Private Practice 1991- 2006

15760 Ventura Blvd., Suite 808  
Encino, CA 91436

Private Practice 1981-Present

1029 Elizabeth Lake Road  
Palmdale, CA 93551

Teaching/Faculty 1987 - 2018

Lecturer, Department of Oral Medicine/Orofacial Pain  
UCLA School of Dentistry  
10833 Le Conte Avenue  
Los Angeles, CA 90024

Teaching/Faculty 2008 – 2011

Clinical Assistant Professor, Dept of Oral Medicine/OFP  
Herman Ostrow School of Dentistry of USC  
925 West 34<sup>th</sup> Street  
Los Angeles, CA 90089-0641

Teaching/Faculty 1987 - 1992

Assistant Clinical Professor, UCLA, Pain Management Center,  
Department of Anesthesiology, School of Medicine.  
Los Angeles, CA 90024

Websites: [drmichaelsimmons.com](http://drmichaelsimmons.com)

[EncinosleepandTMJ.com](http://EncinosleepandTMJ.com)

## **Education**

1974-1977		University of California, Los Angeles
1977-1981	D.M.D.	University of Pennsylvania, School of Dentistry
1986-1987	Fellow	Fellowship in Pain Management, UCLA Med School Dept. of Anesth.
2015 - 2016	MScMed	(Sleep Medicine). University of Sydney Medical School
2017- 2019	MPH	UCLA – Fielding School of Public Health
2020	LAHA Master	Laser Dentistry Masters, Slovenia
2023	MSc	Masters in Laser Dentistry at Università Cattolica del Sacro Cuore, Rome, Italy
2023	FAASM	Fellow in Sleep Medicine American Academy of Sleep Medicine
2023	Acupuncture	California Dental Board approved in Dental Acupuncture UCLA

## **Postdoctoral Training/Certification/Licensure/Accreditation**

1981		American National Board of Dental Examiners California State Board California State License #29916
1981-Present		Private practice in general dentistry
1985-1986		UCLA, TMJ Clinic Preceptorship
1986		Certification in Thermography
1987		Fellow Academy of General Dentistry
1988		Fellow American Academy of Orofacial Pain
1989		Diplomate American Board of Orofacial Pain
2009		Adult Oral Conscious Sedation Licensure
2012		Director of Simmons Dental Sleep Medicine – AADSM Accredited Facility
2013		Diplomate American Board of Dental Sleep Medicine
2016		MScMed in Sleep Medicine (Univ. of Sydney)
2019		MPH (UCLA)
2020		Specialist in Orofacial Pain –American Dental Association
2023		Masters in Laser Dentistry - Università Cattolica del Sacro Cuore - Rome
2023		Dental Board of California credentialed in Dental Acupuncture
2023		Fellow American Academy of Sleep Medicine (1 <sup>st</sup> dentist to get this award)

## **Academic Positions**

1987-2018	Lecturer, UCLA, School of Dentistry, Department of Orofacial Pain & Oral Medicine Includes positions as course director or course co-director
2008-2011	Clinical Assistant Professor, USC School of Dentistry, Division of Diagnostic Sciences
1987-1992	Assistant Clinical Professor, UCLA, Pain Management Center, Department of Anesthesiology, School of Medicine.
1990-1996	Member of UCLA Dental School “Patient Record Subcommittee” (8- member committee),
1990 – 1993	Clinical Supervisor, UCLA Pain Clinic, Department of Orofacial Pain & Occlusion.

## **Membership in Professional Organizations (Past and Present)**

American Dental Association (Member)  
California Dental Association (Member & Delegate or Alternate to House)  
San Fernando Valley Dental Society (Member and Board of Director Member)  
San Fernando Valley Dental Society (Past President)  
Dental Foundation of California (Past President)  
San Fernando Valley Dental Foundation (Past President)  
American Academy of Orofacial Pain (Fellow)  
American Academy of Dental Sleep Medicine (Member and Past Board Member)

American Academy of Sleep Medicine (Member)  
 California Sleep Society (Past Board Member)  
 American Headache Association (Past member)  
 American Pain Society (Past member)  
 Western USA Pain Society (Past President and Past Member)  
 American Sleep Apnea Association (Past Board Member and Past member)  
 National Sleep Foundation (Past member)  
 World Sleep Society

**Leadership Positions in Professional Organizations**

1989-1990	President-UCLA TMJ Associates Study Club	
1989-1990	Secretary-Western USA Pain Society, (W.P.S.) May 1991 Program Chairman-Annual Meeting, W.P.S.	
1991-1992	President-Western USA Pain Society	
1991-1992	Division Chair Regional Sections Committee- American Pain Society Editor-Regional Sections for American Pain Society Journal	
1992-1994	Education Committee-American Academy of Orofacial Pain	
1998	Board Certification Exam Committee-American Board of Orofacial Pain	
1999	LASS (Los Angeles Sleep Society) Board Member Dental Liason	
1999-2006	Member California Dental Association Ethics Committee for San Fernando Valley	
2007-2011	Ethics Committee Chairman, California Dental Assoc, San Fernando Valley Dental Society (SFVDS) Chapter (>1300 DDS members)	
2008 – 2011	Dental School Curriculum Committee American Academy of Dental Sleep Medicine (AADSM)	
2008 – 2011	Public Relations Committee AADSM	
2008 - 2011	Ethics Chairman San Fernando Valley Dental Society branch of the California Dental Association (just over 1,300 dentist members)	
2010-2011	Continuing Education Program Chairman SFVDS Chapter of CDA	
2010-2013	Director, Board of the American Sleep Apnea Association Association (ASAA) {1 <sup>st</sup> Dentist to serve on this Board}	
2011-2014	Director, Board of the American Academy of Dental Sleep Medicine 3-year term starting June 2011	
2012	Guest Editor Position for the California Dental Association Journal for February 2012 titled “Sleep Disordered Breathing”	
2010-2011	Program Chairman Continuing Education San Fernando Valley Dental Society branch of the California Dental Association	
2012 -2016	Delegate to CDA House for San Fernando Valley Dental Society	
2011-2012	Secretary, Executive Committee of SFVDS of Calif Dental Assoc	2012-
2013	Treasurer, Executive Committee of SFVDS of Calif Dental Assoc	
2012 October	Program Chair – Advanced Dental Sleep Medicine Course AADSM	
2012-2014	Board of Directors Member Dental Foundation of California	
2013 May	Program Chair-AADSM advanced course- Controversies in Sleep	
2012-2013	President -Elect, SFVDS component of the California Dental Assoc	
Dec 2, 2014	President San Fernando Valley Dental Society component of CDA	
Jan 1, 2015	President SFVDS Foundation	
Jan 1, 2015	Vice President, Dental Foundation of California	
Jan 1, 2016	President, Dental Foundation of California	
Jan 19, 2016	Board of Directors member California Sleep Society for 2 years	
June 2018	Predoctoral DDS Committee Member AADSM	
2023	AADSM writing committee on emerging therapies for snoring and OSA	

## Publications

1. Simmons, M.S. "Myofacial Headache" In: Brechner, T.B., "Common Pain Syndromes," Yearbook Medical Publishers 1990.
2. Simmons, M.S. "Cluster Headache" In: Brechner, T.B., "Common Pain Syndromes," Yearbook Medical Publishers 1990.
3. Simmons, M.S. and T.D. Oleson. Auricular electrical stimulation and dental pain threshold. *Anesthesiology Progress* 40: 14-19 1993.
4. Clark, G.T., Tsukiyama Y, Baba K, Simmons M. The Validity and Utility of Disease Detection Methods and of Occlusal Therapy for Temporomandibular Disorders. *Oral Surgery Oral Medicine, Oral Pathology Oral Radiology* 1997; 83: 101-6.

Based upon a presentation at the National Institute of Dental Research Technology Assessment Conference on the Management of Temporomandibular Disorders. April 29 – May 1<sup>st</sup> 1996. Bethesda, Md.

5. Clark, G.T. and Simmons, M. Occlusal dysesthesia and temporomandibular disorders: Is there a link? *Alpha Omega dental journal* 2002.
6. Simmons, M.S. Why Dentists should become involved with Sleep Disordered Breathing and Why Now. *Dental Dimensions, Bulletin of the San Fernando Valley Dental Society*, December 2008
7. Simmons, M.S., Clark, G.T. Potential Harmful Medical Consequences of Untreated Sleep Disordered Breathing. Evidence for Brain Damage. *JADA* May 2009:536-542.
8. abstract on Patient Preferences of Two Different Home Sleep Testing Devices: *American Academy of Dental Sleep Medicine* 6/5/09
9. Children's Book: Botts' Dots and the Rumble Line. *Snordom.com* Sept 2009 & *Amazon.com* June 2009. Associated website with information [www.snordom.com](http://www.snordom.com)
10. Snoring & Sleep Apnea: March 2010 *Dear Doctor - Patient Education Magazine* Volume 4 Issue 1 pages 46-47
11. Simmons M. Dental Sleep Medicine – From Snoring to Sleep Apnea. *Dental Town* 2010. 5:98-102 12. abstract on "Education in Sleep Disorders in U.S. Dental Schools. Survey findings and competency based suggestions for the Pre-Doctoral Dental Programs" Michael Simmons, DMD and Andrew Pullinger DDS. MSc 6/5/10. This abstract won two awards for best Clinical Research and Clinical Excellence in Research by the American Academy of Dental Sleep Medicine.
- 13 Snoring & Sleep Apnea: March 2011 *Dear Doctor - Patient Education Magazine* Volume 4 Issue 4 pages 32-43
14. Feb 2012 *California Dental Association Journal (CDA)* for which Dr. Simmons is Journal guest editor "Somnology 101: A Primer in Sleep Disorders, Their Impact on Society and a Role for Dentistry" Michael Simmons, DMD
15. February 2012 in the *Journal of the California Dental Association* for which Dr. Simmons is guest editor "Dentistry-based Approaches to Sleep-disordered Breathing, Algorithms and Multidisciplinary Perspectives" Michael S. Simmons, DMD; Roy Artal, MD, FCCP, FAASM; Miguel Burch, MD; Richard P. Cain, MD; Ruwanthi Campano, MD; Harry G. Cohen, MD, FACP; Christopher Mann, PhD, FAASM; Todd Morgan, DDS; Judith Owens, MD, MPH, FAASM; Andrew Pullinger, DDS, MS; Robert Relle, DDS; John M. Roesler, MD; John G. Sotos, MD; John A. Yagiela, DDS, PhD; Ronald Ziman, MD; and Jerald H. Simmons, MD, FAASM
16. February 2012 in the *Journal of the California Dental Association* Guest Editor. Dr. Simmons "Introduction and editorial"
17. Sleep and Breathing - Simmons M, Pullinger A. Education in Sleep Disorders in U.S. Dental Schools –June edition 2012
18. Commentary: Dentists Against Drowsy Driving – AADSM Introduces a New Public Safety Initiative Dialogue Issue 2, 2012 pages 6-8– *Journal of the American Academy of Dental Sleep Medicine*.
19. Sleep Medicine Education at Dental Schools in Australia and New Zealand Ramesh Balasubramaniam, BSc, BDS, MS, Andrew Pullinger, DDS, MSc, Michael Simmons, DMD, FAGD. *Journal of the American Academy of Dental Sleep Medicine* Inaugural issue March 2014
20. Dentistry and Medicine. Overlapping issues of Endothelial Function. *Dental Dimensions* November 2014
21. The Gray the Green and the In-between. *Dental Dimensions* August 2015
22. Role of Dentistry and Otolaryngology in Sleep Medicine. Lavigne, Simmons Huynh, Almeida, Vanderveken in, *Principles and Practice of Sleep Medicine* 6<sup>th</sup> Ed Chap 132. Elsevier 2016

23. Clinical Decision Support: Sleep Medicine -Chapter on Bruxism. Author Michael Simmons
24. Political history of dental sleep medicine. Dental Dimension: December 2017
25. Sleep Deprivation in Adolescents. The Cutting Edge. February 2018
26. Referred Pain: When a toothache is not really a toothache January 2019 Dear Doctor Magazine
27. Population Sleep Health, Simmons MS and Shapiro C. Dental Sleep Practice magazine June 2019
28. Simmons MS, Shapiro CM. The New DDS-"Dentist Diagnosing Sleep." *J Dent Sleep Med.* 2020;7(1)
29. Kezirian EJ, Simmons M, Schwab RJ, et al. Making Sense of the Noise: Toward Rational Treatment for Obstructive Sleep Apnea [published online ahead of print, 2020 Jul 22]. *Am J Respir Crit Care Med.* 2020;10.1164/rccm.202005-1939PP. doi:10.1164/rccm.202005-1939PP30.
30. Simmons M, Sayre J. Testing dentists' general sleep knowledge with the ASKME survey. *J Dent Sleep Med.* 2020;7(4).
31. Simmons M, Sayre J, Schotland HM, Jeffe DB. Obstructive sleep apnea knowledge among dentists and physicians. *J Dent Sleep Med.* 2021;8(4)
33. Educational Book Chapter on Oral Appliance Therapy in "Sleep Apnea, CPAP and Me" March 2022
34. Simmons, M. (2022). Compliance and Oral Appliance Use for Sleep-Related Breathing Disorders. In: Shapiro, C.M., Gupta, M., Zalai, D. (eds) CPAP Adherence. Springer, Cham. [https://doi.org/10.1007/978-3-030-93146-9\\_29](https://doi.org/10.1007/978-3-030-93146-9_29)
35. Simmons MS, Haq N, Mostadim J, Franco T, Naim DI, Shapiro CM. Crossover sleep testing as a population mousetrap for OSA. *J Dent Sleep Med.* 2023;10(2)
36. Simmons M, Pang J, Evolving LASER Therapy for Sleep-Related Breathing Disorders. Chapter in book Lasers in Dentistry author Olivi, G. 2023 In Press
37. The Emperor's Tongue. Accepted for publication in Journal Cranio

### **Scientific Presentations**

1. Graff-Radford, S.B., Simmons, M.S. at al, Are Bone Cavities associated with trigeminal neuralgia? Presented at the Western Pain Society Annual Meeting 1988.
2. Simmons, M.S., Oleson, T., Zarebinski, C. Auricular acupuncture effects on tooth threshold sensitivity and its reversibility by Naloxone. Presented at Western Pain Society Annual Meeting 1989.
3. Simmons MS "Patient Preferences Comparing Use of Two Home Sleep Testing Devices" Oral Presentation of abstract June 5, 2009 AADSM.
4. Education in Sleep Disorders in U.S. Dental Schools. Survey findings and competency-based suggestions for the Pre-Doctoral Dental Programs. Michael Simmons, DMD and Andrew Pullinger DDS. MSc 6/5/10.

### **Scientific Poster Presentations**

- Simmons, M.S., Oleson, T.B., Zarenbinsky, C. Evaluation of Auriculotherapy on dental threshold sensitivity and its reversal by Naloxone. at American Pain Society Annual Meeting, Oct. 1989. (This poster won a citation award for best original research).
- Simmons MS "Patient Preferences Comparing Use of Two Home Sleep Testing Devices" Presentation of abstract June 5, 2009 AADSM annual scientific conference.
- Simmons,MS, Pullinger A. Education in Sleep Disorders in U.S. Dental Schools. Survey findings and competency-based suggestions for the Pre-Doctoral Dental Programs 6/5/10 Presentation of abstract June 5, 2010 AADSM annual scientific conference. Hours taught in Somnology in Pre-Doctoral Dental Programs (This won the top honors for research as both Clinical Research Award and Clinical Excellence Award)

### **Lectures**

1. UCLA Pain Management Center, Department of Anesthesia, School of Medicine, interdisciplinary conference on:
  - a. Unilateral Headaches, September 10, 1986
  - b. Clinical Dentistry, November 26, 1986
2. UCLA School of Medicine, Chronic Craniofacial Pain Lecture Postdoctoral Seminar.
  - a. More specifics on headache diagnosis, especially vascular headaches, January 23, 1987.
  - b. Spray and stretch trigger point injection workshop, March 13, 1987.
  - c. Classification of Headaches, January 19, 1990.

3. UCLA School of Dentistry-Junior Dental Class
  - a. History Taking, September 30, 1988.
  - b. Modalities and Approaches to the Difficult TMJ Patient, November 4, 1988.
4. UCLA School of Dentistry-Post Doctoral Mini Residency in TMJ and Facial Pain.
  - a. Differential Diagnosis and treatment of head and neck muscle disorders, March 9, 1990.
5. UCLA Pain Management Center Department of Anesthesia, School of Medicine.
  - a. Evaluation and Management of the Chronic Daily Headache Patient, August 1989.
  - b. Differential diagnosis and treatment of the TMJ, September 1989.
  - c. Rational for use of ergotamine in abortive treatment of migraine, November 1989.
6. Valley Industrial People monthly meeting. TMJ disorders and the interdisciplinary management of a complex TMJ patient, October 4, 1990.
7. UCLA Continuing Education Seminar "TMJ and Orofacial Pain: An Overview." The Importance of Patient Records in Patient Management, November 3-4, 1990.
8. UCLA Section of Oral Medicine, School of Dentistry.
  - a. The problem oriented dental record, April 26, 1991.
  - b. Sequencing treatment in the patient with facial pain, May 15, 1991.
9. Alpha Omega Dental Society, San Fernando Valley Chapter. Pit falls in the Identification and Management of Chronic Orofacial Pain Patients, October 9, 1991.
10. California Dental Society, San Fernando Valley Zones 2,4,5,6,7,12 "Management of Patients with Chronic Pain. A Multidisciplinary Approach," November 14, 1991.
11. UCLA Continuing Education Seminar "TMJ and Orofacial Pain: An Overview." The Importance of Patient Records in Patient Management, November 1991.
12. UCLA Continuing Education Seminar "TMJ and Orofacial Pain: An Overview." The Importance of Patient Records in Patient Management, November 1992.
13. Health Awareness Day, Beverly Hills Chapter of Hadassah. 1992 "Head TMJ and Orofacial Pain Management."
14. San Fernando Valley Dental Society, CA – Zone 12. "Identification and Management of Complex Orofacial Pain," January 1993.
15. Irving Gold Foil Study Club. The Presentation and Management of Patients with Orofacial Problems, October 1995.
16. Alpha Omega Dental Society, San Fernando Valley Chapter. Oral Dysesthesias, November 1995.
17. California Dental Society Regional Chapter. Complex orofacial pain conditions, January 2003.
18. Palmdale Medical Community Lecture "Snoring Sleep Apnea and Dental Devices – A Medical Update" June 5, 2007
19. Pain Management Associates, Palmdale California – Sept 2007 – Sleep Medicine, Pain Syndromes and Dentistry
20. Community Lecture on Dental Sleep Medicine – Alternatives to CPAP. Sept 2007
21. California Dental Association Antelope Valley Sept 2007. OSA, CPAP and the connection to Dentistry
22. Irving Gold Foil Study Club Oct 11, 2007. Obstructive Sleep Apnea and the relationship to Dentistry
23. TV interviews for Time Warner Cable – multiple interviews over the months of Nov and Dec 2007 on OSA, CPAP and OAT.
24. Antelope Valley Outpatient Imaging Center 1/24/08. Sleep Apnea treatment options
25. Oral Surgery Study Club Lecture – Odyssey Hall – Feb 2008. The Relationship of Sleep Apnea and Snoring to Dentistry
26. Lecturer (3 lectures) USC School of Dentistry with Dr. Glenn Clark. March 28-29, 2008  
Medical Consequences of Sleep Disturbed Breathing. How to use and deliver Oral Appliance Therapy and Case Study.
27. ROTC guest lecturer in Dental Sleep Medicine, snoring and sleep apnea. April 26, 2008.
28. Regional Lecture in Dental Sleep Medicine to Santa Clarita Orthodontic study club. August 18 2008
29. Regional Lecture in TMJ and Orofacial Pain to Woodland Hills Orthodontic study club 9/13/08
30. High Desert Medical Group Lecture in Sleep Medicine November 13, 2008
31. Hudson Orthodontic Study Group Lecture in Dental Sleep Medicine Oxnard, CA Nov 25, 2008

32. California Dental Association, Policy Development Council 1/16/09. "The Role of Dentists in the Diagnosis and Treatment of Sleep-Disordered Breathing
33. Screening for OSA by the Dentist and Current trends in Dental School Education. Panel Discussions Sleep Education Consortium Inc. Houston, Texas 3/27/09-3/28/08
34. USC School of Dentistry "Obstructive Sleep Apnea Snoring and Dental Advancement" 4/17 – 4/18/09. Lectures in Medical Consequences of untreated OSA, Home testing devices, Oral appliance delivery, Panel Discussions.
35. Guest Lecturer in TMJ and Dental Sleep Medicine. Orthodontic Study Club, 5/5/09
36. American Academy of Dental Sleep Medicine. Introduction to Dental Sleep Medicine. 6/5/09
37. Original abstract on Patient Preferences of Two Different Home Sleep Testing Devices: American Academy of Dental Sleep Medicine 6/5/09.
38. California Dental Association Meeting in San Francisco 9/10/09 Snoring to Sleep Apnea – Why Dentistry and Why Now
39. San Fernando Valley Dental Society 10/21/09 Snoring and Sleep Apnea, Medical Consequences and Dental Treatments.
40. Screening of OSA by the Dentist and Current trends in Dental School Education. Lecture and Panel Discussion. Houston Sleep Education Consortium Houston, Texas 2/19/2010
41. Ethical Issues, Special Considerations and the responsibility of health care professional who have patients in their practice with sleep disorders. The evolutionary trends in tackling the "sleep problem" in our society. Lecture and Panel Discussion. Houston Sleep Education Consortium Houston, Texas 2/20/2010
42. Introduction of Sleep – Somnology 101 Appliance Therapy Practitioners Association 3/11/10. Las Vegas, Nevada
43. Sleep Disordered Breathing. Appliance Therapy Practitioners Association 3/11/10. Las Vegas, Nevada
44. UCLA Continuing Education Program Course 913 Co-Chair: Aligning Your Practice to Provide: Medical Triage, Health Maintenance & Medical Risk Management 4/10/10
45. Why Dentistry should be involved in Sleep Medicine: Antelope Valley ROP meeting 4/10/10
46. Sleep Disordered Breathing: From Snoring to Sleep Apnea. American Academy of Orthodontists, Washington DC 5/2/10.
47. USC Continuing Education Program: Sleep Apnea Course including Mandibular Advancement Devices. USC 5/7 – 5/8/10
48. Introduction to Dental Sleep Medicine lecture to American Academy of Dental Sleep Medicine 6/4/10.
49. Invited lecture on "Pre-doctoral education in US dental schools in Somnology as compared to medical schools. AADSM 6/5/10.
50. Invited lecture on: The Socio-Economic Impact of Drowsiness: Do Dentists have a Role? American Academy of Dental Sleep Medicine 6/6/10. San Antonio
51. Dentist's collaborative role in Sleep Disorders. Summit Dental Group. Seattle Washington 2/10/11
52. Screening of OSA by the Dentist and Current trends in Dental School Education. Lecture and Panel Discussion. Houston Sleep Education Consortium Houston, Texas 2/18/2011
53. Ethical Issues, Special Considerations and the responsibility of health care professional who have patients in their practice with sleep disorders. The evolutionary trends in tackling the "sleep problem" in our society. Lecture and Panel Discussion. Houston Sleep Education Consortium Houston, Texas 2/19/2011
54. Sleep Disordered Breathing. Appliance Therapy Practitioners Association March 10-13, 2011. Las Vegas, Nevada
55. USC Continuing Education Program: Sleep Apnea Course including Mandibular Advancement Devices. USC 4/1 – 4/2, 2011
56. Sleep Disordered Breathing: From Snoring to Sleep Apnea. American Academy of Orthodontists, Chicago 5/14/2011
57. AADSM annual meeting 6/10/2011 "Multidisciplinary considerations in dental sleep medicine"
58. Los Angeles Dental Society, 11/15/2011 "Sleep Disorders and Sleep Disordered Breathing: What are they and how those practicing in the field of dentistry can impact them."
59. Screening for SDB by the Dentist and Current trends in Dental School Education. Lecture and Panel Discussion. Houston Sleep Education Consortium Houston, Texas 2/10/2012

60. California Dental Association Meeting in Los Angeles 5/3/12: 9-11:30 am Sleep Disordered Breathing and Dentistry – How to recognize
61. California Dental Association Meeting in Los Angeles 5/3/12: 2 – 4:30pm Sleep Disordered Breathing and Dentistry – How to treat
62. Oral Appliance Therapy in Treatment of OSA. Annual meeting of the American Sleep Apnea Association. Baltimore October 25, 2012.
63. Brain Damage, Sleep Disorders & Oral Appliance Therapy: An Overview. AADSM Advanced course October 27, 2012
64. Bruxism and Sleep Disordered Breathing – Connections or Coincidences. AADSM advanced course October 27, 2012
65. The Tease of Sleep – Terminology and Treatment Overview. AADSM advanced course October 28, 2012.
66. Interprofessional Collaboration & Oral Appliance Therapy. Virginia Academy of Sleep Medicine (VASM) Richmond Virginia 11/9/12
67. Keynote Speaker: Dentists and OAT for OSA. VADSM Richmond Virginia 11/9/12
68. Dental Sleep Medicine Education for community dentists – hands on 2-day “essentials” course Nov 17-18, 2012
69. Orofacial pain diagnosis and treatment. Southern California Association of Endodontists 12/1/12
70. Dentists role in sleep disorders. Rancho Cucamonga Study Club –1/10/13
71. How to find and treat patients with sleep disordered breathing. Beverly Hills Study Club –.
72. Sleep Medicine Education – hands on 2-day intermediate level April 20-21, 2013
73. “Sleep Apnea” 4/30/13 to MD’s Antelope Valley Hospital – 74. . “Is Snoring Benign” AADSM Annual Meeting Baltimore 5/30/13
75. Essentials in Sleep Disorders and Dentistry. California Dental Association am lecture 8/15/13
76. Advanced concepts in Sleep Disorders and Dentistry California Dental Association pm 8/15/13
77. “Historical Perspective & Current Status of Dental Sleep Medicine education in the U.S.” University of North Carolina – Opening/Keynote Speaker: August 24, 2013
78. “Snoring is not Benign” Step Up to Advanced Sleep Dentistry – Columbus, Ohio 11/1/13
79. Screening Dental Patients for OSA Houston Sleep Consortium January 24, 2014
80. Societal impact of EDS. Update on integrating DSM into the overall healthcare system Houston Sleep Consortium Jan 24, 2014
81. Ethical Issues, Special Considerations and responsibilities of health care professionals caring for patients with sleep disorders. Lecture to MD’s /DDS’s Houston Sleep Consortium 1/25/14
82. Out of Center Sleep Testing in Dentistry – AADSM Annual Meeting 6/1/14 Minneapolis
83. Sleep Apnea and Sleep Disordered Breathing – Pacific Coast Orthodontic Society 10/3/14
84. California Sleep Society Annual Meeting– How to Titrate Oral Appliances San Diego Oct 11, 2014
85. Advanced course American Academy of Dental Sleep Medicine – Temporomandibular Joint, Dysfunction and Sleep Disordered Breathing and impact of Oral Appliance Therapy. Washington DC Oct 18, 2014
86. Advanced course American Academy of Dental Sleep Medicine – Case Studies in Sleep Disordered Breathing. Washington DC Oct 19, 2014
87. Sleep disorders and your health. Greater Los Angeles Agency on Deafness. Los Angeles 3-20-15
88. The Growing Role of the Dentist in Sleep Disorders Medicine: Integrating the Dentist into the Medical treatment Team: The Sleep Education Consortium in conjunction with UT School of Dentistry at Houston March 27-28, 2015
89. Dental Advances in Sleep Medicine - Focus: Oral Appliance Therapy - Titration and HST/ Sleep. Study Interphase. California Sleep Society 8<sup>th</sup> Annual Meeting Foster City CA, Oct 3, 2015
90. Sleep Disorders and Related Health Issues – Western Prosthodontic Study Club. Beverly Hills 1/11/16
91. Dental Sleep Medicine case review – Westwood Study Club Westwood CA 2/8/16
92. Iranian American Dental Association - Patients with Sleep apnea, what can you do for them. 2/17/16
93. California Sleep Society – Improving outcomes in titration of oral appliance therapy 10/1/2016
94. Western Los Angeles Dental Society – Sleep disorders & dentistry-multidisciplinary approaches 10/21/16
95. Dentistry and Sleep Disorders – Beverly Hills Study Club 3/19/18
96. Multidisciplinary aspects of dentistry in sleep disorders - The Breathe Institute 3/31/18



97. New Interventions in Dental Sleep Medicine – California Sleep Society – 9/29/18
98. Basic Sleep Support – a 4 hour educational intervention March 2019 San Fernando Valley Dental Society
99. Dentists and Surgeon collaboration in managing Sleep Related Breathing Disorders April 19, 2019 Sana Clara County Dental Society
100. Basic Sleep Support –educational intervention April 20, 2019. Santa Clara County Dental Society
101. Dentistry Public Health and Sleep: A Brave New World: June 8, 2019 Annual Scientific Meeting of the American Academy of Dental Sleep Medicine – Advanced Educational Lecture Tract. San Antonio
102. PSG, HSAT...Sleep Testing and more - University of North Carolina Dental Sleep Medicine mini-residency 4/3/20
103. Dentistry and Sleep Medicine. May 17, 2021 Penhaskashi Dental Study Group
104. The Magic of Laser and Light Therapy in Dentistry 6/17/22 Università Cattolica del Sacro Cuore, known as UCSC or UNICATT, Rome, Italy
105. Masters Thesis written submission and presentation March 2023 - Università Cattolica del Sacro Cuore, Rome, Italy

### **Teaching Activities at UCLA**

- 1987 DS403s, Occlusion, UCLA School of Dentistry, July-September, William K. Solberg, DDS MS. Course Director.  
DS403s, Jaw Pain and Dysfunction, School of Dentistry, September-December, Glenn T. Clark, DDS. MS., Course Director. Pain Management Center: Medical and Dental Fellows Training, July 1987 - June 1988.
- 1988 DS403s, Occlusion, UCLA School of Dentistry, July – December, William K. Solberg, DDS, MS., Course Director.  
September-December, Glenn T. Clark, DDS, MS., Course Director.  
Pain Management Center, School of Medicine, Medical and Dental Fellows Training, July 1988-1990.
- 1989 DS403s, Occlusion, UCLA School of Dentistry, July-September, William K. Solberg, DDS, MS., Course Director.
- 1990 Course Vice Chair 1<sup>st</sup> Year Dental Students CJT401a, Clinical Judgement, and UCLA School of Dentistry. Treatment Planning Clinic, Pre-doctoral, UCLA School of Dentistry July 1990-June 1991.
- 1991 Clinical Supervisor, Wednesday evening post-doctoral Clinic Pain Management Center, School of Dentistry.  
Course Co-Chair 1<sup>st</sup> Year Dental Students CJT401a, Clinical Judgement, UCLA School of Dentistry. William K. Solberg, DDS, MS., Course Chair.
- 1992 Course Chair Post-Doctoral Orofacial Pain Residents, Myofascial Pain an interactive course. The California Workers’ Compensation System. Techniques in report writing.  
Clinical Supervisor, Wednesday evening post-doctoral Clinic Pain Management Center, School of Dentistry.  
Course Co-Chair 1<sup>st</sup> Year Dental Students CJT401a, Clinical Judgement, UCLA School of Dentistry. William K. Solberg, DDS, MS., Course Chair.
- 1993 Clinical Supervisor, Wednesday evening post-doctoral Clinic Pain Management Center, School of Dentistry.  
Course Chair 1<sup>st</sup> Year Dental Students CJT401a, Clinical Judgement, and UCLA School of Dentistry.
- 1993- 1998 CJT401c, Clinical Judgement, UCLA School of Dentistry. Lecturer and Clinical Instructor for Course CJT 401c.
- 2002 Clinical Judgment and Medical records. Post- doctoral International student program
- 2004 –2005 Lecturer post-doctoral students in Orofacial Pain Residency. Literature review
- 1993- 2008 CJT401a, Course Chair or Co-Chair 1<sup>st</sup> Year Dental Students Clinical Judgement, UCLA School of Dentistry. Lecturer and Clinical Instructor for Course CJT 401a.
- 2008 - 2016 Course Chair or Co-Chair 3<sup>rd</sup> year dental students in Orofacial Pain and TMJ Disorders
- 2008 DS403a course lecturer 2.5 hour lectures (x3) in Dental Sleep Medicine
- 2009 DS403a course lecturer 8.0 hour lectures total in Dental Sleep Medicine
- 2010 DS403a course lecturer 8.0 hours in Dental Sleep Medicine to 3<sup>rd</sup> year UCLA dental students

2011 DS403a course lecturer 4.0 hours in Dental Sleep Medicine to 3<sup>rd</sup> year UCLA dental students  
2012 DS403a course lecturer 8.0 hours in Dental Sleep Medicine to 3<sup>rd</sup> year UCLA dental students  
2013 DS403a course lecturer 4.0 hours in Dental Sleep Medicine to 3<sup>rd</sup> year UCLA dental students  
2014 RFE316 course lecturer 8.0 hours in Dental Sleep Medicine to 3<sup>rd</sup> year UCLA dental student  
2015 RFE316 course lecturer 8.0 hours in Dental Sleep Medicine to 3<sup>rd</sup> year UCLA dental students  
2016 RFE316 course co-chair 8.0 hours in Dental Sleep Medicine to 3<sup>rd</sup> year UCLA dental students

### Outreach

Pioneered the AADSM initiative of DADD – Dentists Against Drowsy Driving. See AADSM Website  
Volunteer, developed educational DVD's in Sleep Medicine with interviews of sleep medicine pioneers  
Outreach education in sleep disorders to the Greater Los Angeles Agency on Deafness - GLAD AWAKE program  
Los Angeles 2014-2015

### Other

Television appearances on “Looking Good Feeling Good” January 24, 1992 and April 28, 1992. Shows have been repeated several times on various channels of Cable TV.

Medicolegal expert in multiple trials including expert witness testimony in Federal Court.

Multiple showings on Time Warner Cable for Obstructive Sleep Apnea – Evaluation and Treatment

Newspaper lead article on dental sleep medicine. July 2007

Radio show on Sleep Disorders May 2012

Developed and distributed Sleep Health Poster (24” x 36”) to hundreds of dentists across the U.S. as part of outreach to engage more dentists in sleep health

Television: Logos TV Studio. 11/29/20 – 2 Hour Broadcast: Sleep, Sleep Apnea and other Sleep Disorders.

### Political Action - California Dental Association

Presented (w/ Dr. Gary Herman) Resolution 50RC and passed December 2008 in California Dental Association (CDA) House of Delegates (HOD), Original Resolution to develop Sleep Related Diagnostic Screening and Treatment Parameters for California dentists.

1/16/ 2009 Presentation to CDA Policy Development Council (PDC) in Sacramento on how to begin work on the issue of dentist involvement in Dental Sleep Medicine.

11/09 CDA PDC passes resolution 30-2009-H through CDA HOD acknowledging Dr. Simmons “compelling argument” of dentist involvement in Sleep Medicine.

2010 Dr. Simmons authors Resolution 43 for CDA HOD and is sent for review to the PDC

1/16/11 Dr. Simmons presents again to PDC in Sacramento about what further CDA should do to engage dentists in Dental Sleep Medicine.

11/12/2011 California House of Delegates passes resolution on dentist’s involvement in sleep medicine originally presented by Dr. Simmons and the San Fernando Valley Dental Society component of the California Dental Association. The original resolution had been modified by the CDA Policy Development Council and was approved with the following language.

“**RESOLVED**, THAT IT IS APPROPRIATE AND IMPORTANT FOR DENTISTS TO SCREEN PAIENTS FOR SIGNS AND SYMPTOMS OF SLEEP DISORDERED BREATHING AND TO WORK WITH PHYSICIANS TO DIAGNOSE AND TREAT SLEEP DISORDERED BREATHING; BE IT FURTHER,

**RESOLVED** THAT CDA SUPPORTS INCREASED AWARENESS AND THE EDUCATION OF DENTAL PROFESSIONALS ON APPROPRIATE INVOLVEMENT IN THE SCREENING, DIAGNOSIS AND TREATMENT OF SLEEP DISORDERED BREATHING; AND BE IT FURTHER,

**RESOLVED** THAT CDA SUPPORTS EFFORTS AT THE FEDERAL AND STATE LEVELS TO ENSURE DENTISTS ARE RECOGNIZED MEMBERS OF THE HEALTH CARE TEAM MANAGING SLEEP DISORDERED BREATHING, AND TO ENSURE THAT PATIENTS' HEALTH CARE BENEFITS ARE MAINTAINED REGARDLESS OF WHETHER A DENTIST OR PHYSICIAN PROVIDES PATIENT CARE.”

11/7/14 Brought to the California Board of Dental Examiners concerns about patient risks of oral appliance therapy treatment for sleep disordered breathing by non-dentists and dentists without specific training in sleep disorders.

11/14-11/15/2014 Submitted two new resolutions on dentists treating Sleep Disordered Breathing to the CDA House of Delegates. Both were approved for referral to appropriate CDA entity for further evaluation.  
Oct 2015 Submitted new resolution regarding dentistry's involvement with sleep disorders in California  
Nov 2017 Resolution 14- 2017-H, Later School Start Times: submitted by Dr. Michael Simmons delegate was defeated by a vote of 130 (70%) opposed to 55 (30%) in favor:

#### **Political Action - California State Legislature**

Although CDA Resolution 14-2017-H was not passed by the CDA house in 2017, the State of California signed into law senate bill 328 (SB328) on October 13, 2019, making California the first U.S. state to make delayed school start times the law. Dr. Simmons was a very small contributor to the success of this bill.

#### **Political Action - American Dental Association**

Lead Author (2<sup>nd</sup> author Dr. Keith Thornton) of the American Dental Association Resolution AB17 in 2015 calling for the ADA to determine scope of dentists in treating Sleep Related Breathing Disorders. This resolution was presented by Texas delegation leader Dr. Bill Gerlach and received unanimous approval.

**Resolved**, that the American Dental Association develop policy as to dentistry's role in Sleep Related Breathing Disorders (SRBD), and be it further

**Resolved**, that the American Dental Association designate the appropriate agency to develop suggested guidelines as to the dentist's role in airway management, and be it further

**Resolved**, that the designated agency report to the ADA House of Delegates at the 2016 Annual Session with recommendations for dentists' involvement in SRBD.”

This unanimously passed ADA resolution resulted in the ADA publication of “The Role of Dentistry in the Treatment of Sleep Related Breathing Disorders” that was adopted by ADA's 2017 House of Delegates. Specifically the ADA House of Delegates approved an American Dental Association (ADA) policy statement October 23, 2017 addressing dentistry's role in sleep-related breathing disorders (SRBD), as a direct result of Dr Simmons and Thornton's 2015 resolution.

#### **Political Action - American Dental Association**

Ongoing resolutions written and submitted to the California dental association on sleep medicine and dental education extending for over 15 years.

Two resolutions written in 2022 discussed at the CDA House resulted in one resolution referred to the appropriate CDA entity to determine if CDA dentists have the authority to prescribe or dispense Home Sleep Apnea Testing. Three resolutions written in 2023 for the CDA House. Passed resolution on Dentists engagement in HPV screening and vaccinations, and two resolutions found out of order (addressing Clarification of Scope of Dental Practice and Dentists Diagnosing and Treating OSA).

#### **References:**

Dr. Andrew Pullinger. Professor (retired) UCLA School of Dentistry Dept of Oral Medicine and Orofacial Pain Dr. Howard Landesman, Professor Emeritus and Dean, Ostrow (USC) & U.of Colorado School of Dentistry  
Dr. Gilles Lavigne, Immediate Past Dean of the Faculty of Dental Medicine at the Université de Montréal, Canada  
Dr. Glenn Clark, Director, Advanced Program in Orofacial Pain and Oral Medicine. Professor, Herman Ostrow School of Dentistry of USC  
Dr Colin Shapiro – medical sleep specialist and psychiatrist teaching at the University of Toronto  
Dr. Eric Kezirian – medical sleep specialist and otolaryngologist UCLA school of medicine  
More references available upon request