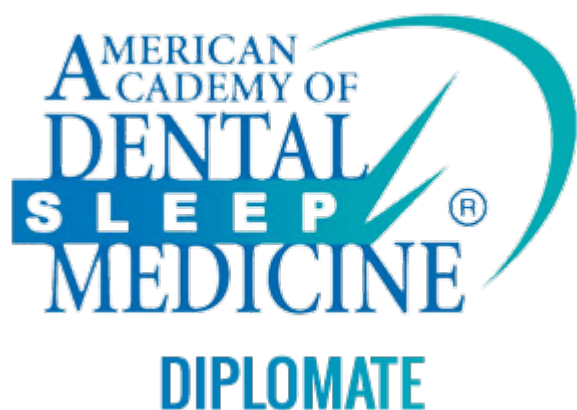


Meet Dr. Lalinde - Monterey Dental Sleep Medicine



Dr. Lalinde Has Over 30 Years of Professional Experience!

[8/2017 Press Release from the American Academy of Dental Sleep](#)

EDUCATION

DOCTOR IN DENTISTRY

University of the Republic ,School of Dentistry, Montevideo, Uruguay. Graduated in 1983.

California License # 48817

POST-GRADUATE DEGREES

Post-graduate degree in Endodontics at Montevideo Dental University, and at the Uruguay dental Association.

Post-graduate degree on Clinic Rehabilitation and the treatment of TMJ disorders, at Uruguay Dental Association.

Post-graduate degree on Periodontics, at Uruguay Dental Association.

Advanced training on implant surgery and its restoration

Advanced training on Cerec technology

Advanced training on Invisalign Technology

Advanced training on Snore and Sleep apnea

Completed a Dental Sleep Medicine Residency at UCLA.

PROFESSIONAL DENTAL MEMBERSHIPS

Monterey Bay Dental Society

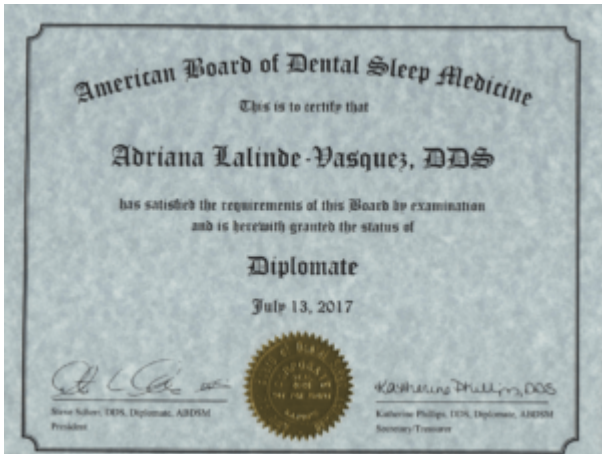
California Dental Association

American Dental Association

Dr Adriana Lalinde is bilingual, she can speak Spanish when needed

Member of American Academy of Dental Sleep Medicine

American Sleep Apnea Association.



NEWS RELEASE
 FOR IMMEDIATE RELEASE:

ADRIANA LALINDE DDS
 831-481-2992
 drlalinde@montereydentalleep.com
 www.montereydentalleep.com

Improving Health: MONTEREY COUNTY Dentist Offers a Better Night's Sleep
New American Board of Dental Sleep Medicine Diplomate, Dr. ADRIANA LALINDE, Treats Sleep Apnea, Snoring

MONTEREY COUNTY, CA, 8/8/2017 – Local dentist ADRIANA LALINDE is alerting helping Monterey county residents get a more restful night's sleep. Dr. LALINDE recently became a an American Board of Dental Sleep Medicine (AADSM) Diplomate. AADSM is the board for the leading national organization for dentists who treat snoring and obstructive sleep apnea with oral appliance therapy, an effective alternative treatment to the standard Continuous Positive Airway Pressure (CPAP) machines. Earning Diplomate status from the AADSM is a unique honor that recognizes special competency in dental sleep medicine.

"Sleeping with a CPAP machine, which includes a face mask, tubing and a constantly-running motor, can be difficult, and many MONTEREY COUNTY residents are unaware that an effective – and comfortable – alternative treatment is available," said Dr. LALINDE. "I'm committed to using my knowledge of dental sleep medicine to help meet my patient's snoring and sleep apnea, and provide MONTEREY COUNTY residents with a better night's rest."

While CPAP is the standard treatment for sleep apnea, the American Academy of Dental Sleep Medicine estimates up to 50 percent of sleep apnea patients do not comply with or tolerate CPAP. In contrast to a CPAP machine, oral appliances are a "mouth guard-like" device worn only during sleep to maintain an open, unobstructed airway. Patients like oral appliance therapy because it is comfortable, easy to wear, quiet, portable, and easy to care for.

"Oral appliance therapy often can equal CPAP in effectiveness and offer a higher patient compliance," said Dr. LALINDE. "I work with my patients, and their sleep physicians, to identify the right oral appliance device, custom fit devices to each patient and make any needed adjustments to ensure an open airway and a more restful sleep."

Dr. ADRIANA LALINDE DDS is located at 546 ABBOTT ST, SALINAS, CA 93901. Patients with loud snoring and diagnosed sleep apnea suffering with difficulty tolerating CPAP should contact Dr. LALINDE at 831-481-2992 to schedule a consultation appointment. Dr. LALINDE works closely with sleep physicians to treat snoring and obstructive sleep apnea.

About ADRIANA LALINDE, DDS

Dr. LALINDE is an American Board of Dental Sleep Medicine Diplomate. U.C.L.A. SLEEP DISORDERS WERE RESIDENCY. 4 YEARS OF EXPERIENCE TREATING SLEEP APNEA PATIENTS WITH MANDIBULAR ADVANCEMENT ORAL DEVICES.

GRADUATED FROM UCSDS GENERAL DENTAL PRACTICE.

PHYSICIAN IS NOW LISTED IN SLEEP APNEA.

About The American Academy of Dental Sleep Medicine

The American Academy of Dental Sleep Medicine (AADSM) is the only non-profit national professional society dedicated exclusively to the practice of dental sleep medicine. The AADSM provides educational resources for dentists and promotes the use of oral appliance therapy for the treatment of obstructive sleep apnea and sleep-disordered breathing. Established in 1991, the AADSM has more than 2,000 member dentists worldwide. Visit www.aadsm.org or call the national office at (800) 721-9792 for more