



## **NEWS RELEASE**

**FOR IMMEDIATE RELEASE**

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### **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. 8/4/2017** – Local dentist ADRIANA LALINDE is also/now helping Monterey county residents get a more restful night's sleep. Dr. LALINDE recently became/is an American Board of Dental Sleep Medicine (ABDSM) Diplomate. ABDSM 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 Continue Positive Airway Pressure (CPAP) machine. Earning Diplomate status from the ABDSM 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 treat 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 sufferers with difficulty tolerating CPAP should contact **Dr.LALINDE at 831-801 2092 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 MINI RESIDENCY. 4 YEARS OF EXPERIENCE TREATING SLEEP APNEA PATIENTS WITH MANDIBULAR ADVANCEMENT ORAL DEVICES.

**RETIRED FROM 34 YEARS GENERAL DENTAL PRACTICE.**

**PRACTICE IS NOW LIMITED TO 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 2,800 member

dentists worldwide. Visit [www.aadsm.org](http://www.aadsm.org) or call the national office at (630) 737-9705 for more information.

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