



INTRODUCTION TO DENTAL SLEEP MEDICINE

"Sleep Health Knowledge for a Thriving Practice"

Featuring

Dr. Steven Lamberg, DDS, DABDSM

COURSE INFORMATION:

FORMAT:

2-day in person lecture

DATES:

Friday, October 23, 2026

Saturday, October 24, 2026

LECTURE TIMES:

8am - 4pm

Registration opens at 7:30 am

LOCATION:

Four Points Toronto Airport

6257 Airport Rd.

Mississauga, ON L4V 1E4



EARLY BIRD TUITION: \$1747 CAD

(45 days in advance)

REGULAR TUITION: \$2047 CAD

Tuition includes breakfast & lunch each day, light refreshments, all course materials, and a copy of Dr. Lamberg's book, *Treat the Cause...Treat the Airway*.

TO REGISTER:



<https://www.eventcombo.com/ms/ev/78819/introduction-to-dental-sleep-medicine-sleep-health-knowledge-/home?eventRoleId=>

REFUNDS/CANCELLATIONS:

Full tuition refunds are available for cancellations made more than 72 hours prior to the course start date.

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Dr. Steven Lamberg
DDS, DABDSM

Dr. Lamberg has practiced comprehensive restorative dentistry in Northport, NY for over 45 years with a focus on airway health. A Diplomate of the American Board of Dental Sleep Medicine, he served on its board review faculty and has completed advanced training with Dawson, Misch, and Kois.

He invented the Lamberg SleepWell Appliance (LSW) for sleep-related breathing disorders and holds multiple patents. Dr. Lamberg lectures internationally, contributes to peer-reviewed journals, and directs the Pediatric and Adult Airway Network of New York (PAANNY), fostering collaboration among dental and medical professionals.

He teaches at the Kois Center, leads mini-residencies and continuums across North America, and has upcoming workshops in Europe. Author of *Treat the Cause...Treat the Airway*, he also developed the Lamberg Questionnaire and advocates for AI-driven diagnostics as a board member of VizBriz.

COURSE OVERVIEW:

Learn how to confidently screen, diagnose, and treat patients with sleep-related breathing disorders, including obstructive sleep apnea. This introductory course, led by Dr. Steve Lamberg, combines clinical excellence with practical strategies to help you integrate dental sleep medicine into your practice. You'll gain a systematic approach to airway health, master workflows and communication skills, and discover business systems that attract new patients and drive growth. Prepare your team to deliver life-changing care while expanding your practice's potential.

Module 1: Dental Sleep Medicine Today

Understand the prevalence of sleep-related breathing disorders, the dentist's role, and why this field offers both clinical and growth opportunities.

Module 2: Physiology & Pathophysiology

Learn the science behind sleep and airway health, including anatomy, risk factors, and systemic consequences.

Module 3: Screening Tools

Discover simple, effective methods to identify at-risk patients during routine exams.

Module 4: Data Collection After Diagnosis

Master workflows for gathering essential clinical and diagnostic information for treatment planning.

Module 5: Treatment Selection

Develop individualized treatment plans based on patient data and sleep study results.

Module 6: Oral Appliance Showcase

Explore appliance designs, selection criteria, and adjustment protocols for optimal outcomes.

Module 7: Follow-Up Care

Implement short- and long-term protocols to ensure sustained success and patient satisfaction.

Module 8: Alternative Therapies

Expand your toolkit with adjunctive treatments like myofunctional therapy, positional devices, and emerging innovations.

Module 9: Implementing Workflows

Learn business systems, team training, insurance strategies, and marketing to build a thriving sleep medicine practice.