

# NEWS RELEASE

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Contact: Joseph DePasquale DMD

717-755-3061  
info@DePasqualeDental.com  
DePasqualeDental.com

## **Improving Health: York Dentist Offers a Better Night's Sleep**

*New American Board of Dental Sleep Medicine Diplomate, Dr. Joseph DePasquale, Treats Sleep Apnea, Snoring*

**York Pa, October 26, 2020** – Local dentist Joe DePasquale is helping York residents get a more restful night's sleep. Dr. Joe DePasquale was recently designated as a Diplomate of the American Board of Dental Sleep Medicine (ABDSM). The ABDSM is the leading national testing organization for dentists who treat snoring and obstructive sleep apnea with oral appliance therapy. Earning Diplomate status from the ABDSM is a unique honor that recognizes special competency in dental sleep medicine. Only a select few Dentists offering sleep apnea treatment, have achieved this designation.

While CPAP is the standard treatment for sleep apnea, the American Academy of Dental Sleep Medicine (AADSM) 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 is an effective treatment option that offers a higher rate of patient compliance than CPAP,” said Dr. DePasquale. “I work with my patients, and their sleep physicians, to identify the right oral appliance design, then custom fit appliances to each patient and make any needed adjustments to ensure an open airway and a more restful sleep.”

Dr. Joe DePasquale is located at 3218 E Market St. York Pa 17402. Patients with loud snoring and diagnosed sleep apnea sufferers with difficulty tolerating CPAP should contact Dr. DePasquale at 717755-3062 to schedule a consultation appointment. Dr. DePasquale works closely with physicians to treat snoring and obstructive sleep apnea.

### **About the ABDSM and AADSM**

The American Board of Dental Sleep Medicine (ABDSM) is the only non-profit testing organization dedicated exclusively to the practice of dental sleep medicine. The ABDSM tests knowledge and clinical proficiency in dental sleep medicine and designates those who meet its requirements as Diplomates. The ABDSM is associated with the American Academy of Dental Sleep Medicine (AADSM) which is the only non-profit national professional society focused exclusively on 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 3,000 member dentists worldwide. Visit [www.abdsm.org](http://www.abdsm.org) for information on the ABDSM and visit [www.aadsm.org](http://www.aadsm.org) for information on the AADSM.

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