



**MEDICAL UNIVERSITY**  
**“PROF. D-R PARASKEV STOYANOV” - VARNA**  
**FACULTY OF DENTAL MEDICINE**

*Approved at a Faculty council meeting 25/24.06.2020*

**Approved:**  
**DEAN**

*/Prof. Dr. Stefan Peev, DMD, PhD, DSc/*

**CURRICULUM**

**ELECTIVE DISCIPLINE**

**“OBSTRUCTIVE SLEEP APNEA AND SNORING.  
DIAGNOSIS, TREATMENT, PREVENTION”**

**Department of Dental materials science and Propaedeutics  
of prosthetic dental medicine**

**Specialty: “DENTAL MEDICINE”, English programme**

**Educational-qualificational degree: “MASTER”**

**Professional qualification: “DENTAL MEDICINE DOCTOR”**

Type of classes	Semester	Workload hours per week	Workload hours per week
Lectures	VIII		20
Practical exercises	VIII		10
Total academic hours			30
Types of control	Current control		Exam VIIIth semester
Credits ( ECTS )			2
Extracurricular workload			30

**Teachers:** Assoc. prof. Dr. Mario Milkov, MD, PhD; Assist. prof. Dr. Miroslav Stoykov, DMD

**Varna, 2020**



## Announcement

**Dear students,**

We have the pleasure to invite you to take part in the elective discipline **„Obstructive sleep apnea and snoring“** for Dental medicine students, 4<sup>th</sup> and 5<sup>th</sup> year, Bulgarian and English programs.

Topics concerning diagnostics, treatment and prevention of sleep problems are discussed, especially – the obstructive sleep apnea. Risk factors associated with the development of the disease and in time finding are talked about. Students have the opportunity to get acquainted with modern sleep diagnostics methods and everything new about the treatment of sleep disorders as dentists. Students take active part in check-ups of patients' with sleep problems, as well as in all prophylactic campaigns, organized by the Faculty of Dental medicine in Medical University-Varna – check-ups of public transport drivers and other professionals at risk. World Sleep Day, regularly organized in the second week of March, is as well part of the program of this elective discipline.

**Lecturer:**

Assoc. prof. Dr. Mario Milkov, MD, PhD

Lecture assistant:

Assist. prof. Dr. Miroslav Stoykov, DMD

**Hall:**

FDM Auditorium / Blackboard system - Obstructive sleep apnea and snoring. Diagnosis. Treatment. Prevention\_electives // Dental Medicine\_M (*access will be granted*)

### **Forms of training, control and evaluation**

Training is done via a lecture course of 20 academic hours and practical exercises of 10 academic hours. Evaluation is done with test.

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## **Thematic plan of lectures and practical classes**

- Lecture #1 - Application of sleep medicine in the dental practice. History of sleep medicine
- Lecture #2 - Physiology of sleep and breathing. Main biological facts for sleep
- Lecture #3 - Diagnostics of breathing disorders in OSA. Screening and thorough assessment of sleep disordered breathing. Imaging examinations in patients with OSA
- Lecture #4 - Clinics of sleep disordered breathing. Temporomandibular disorders in connection with sleep disorders. Bruxism
- Lecture #5 - Conservative treatment of breathing disorders, connected with sleep
- Lecture #6 - Application of dental intraoral appliances for OSA treatment
- Lecture #7 - Surgical treatment of patients with OSA

## **Suggested literature:**

1. Lecture course
2. Barbé F., Pépin JL. Obstructive Sleep Apnoea. ERS Monograph, 2015, doi: 10.1183/2312508X.erm6715
3. Barker J., Jones SF. Obstructive Sleep Apnea, An Issue of Sleep Medicine Clinics, Elsevier, 2013
4. Collins M. Dental Sleep Medicine Basics: The Clinical Guide to Treating Obstructive Sleep Apnea Paperback – August 1, 2017
5. de Vries N., Ravesloot M., J. van Maanen P. Positional Therapy in Obstructive Sleep Apnea, Springer, Cham, 2015, doi: 10.1007/978-3-319-09626-1
6. Friedman M., Jacobowitz O. Sleep Apnea and Snoring, 2nd Edition. Surgical and Non-Surgical Therapy, Elsevier, 2019
7. Milkov M. Trans-oral robotic surgery for obstructive sleep apnea-selection of patients. International Bulletin of Otorhinolaryngology, 4/2019, 38-45
8. Milkov M. Transoral Robotic Surgery for Treatment of Obstructive Sleep Apnea. International Bulletin of Otorhinolaryngology, 4/2019, 46-52
9. Oxford textbook of sleep disorders. 2017
10. Salman S.O. Modern Management of Obstructive Sleep Apnea 1st ed. 2019 edition

# Syllabus

1. History of sleep medicine
2. Classification of sleep disorders.
3. Diagnostic methods for sleep examination.
4. Diagnostic questionnaires in OSA and snoring.
5. Polygraphy.
6. Polysomnography.
7. General aspects of the therapy.
8. Types of surgical methods for treating sleep apnea.
9. Nasopharyngeal surgery in obstructive sleep apnea.
10. Palatine surgery in obstructive sleep apnea.
11. Radiofrequent surgery in OSA.
12. Palatine implants.
13. Intraoral devices for treating OSA and snoring.
14. Intranasal devices for treating OSA and snoring.
15. Coablation in treating OSA and snoring.
16. Laser surgery in OSA and snoring.
17. Hyoid suspension in OSA cases.
18. Glottic surgery in OSA and snoring
19. Maxillomandibular surgery in OSA and snoring.
20. Maxillomandibular devices.
21. Pediatric aspects of OSA.
22. Insomnia.
23. Narcolepsy.
24. Temporomandibular pain and dental treatment in OSA.
25. Night bruxism.
26. CPAP.
27. Implantable devices to treat OSA.

**Protocol from**

**Department council meeting #27 / 02.06.2020**

**Programme made:**

A handwritten signature in black ink, appearing to read 'M. Milkov', written over a horizontal line.

**Assoc. prof. Dr. Mario Milkov, MD, PhD**

**Head of the Department:**

A handwritten signature in black ink, appearing to read 'M. Milkov', written over a horizontal line.

**Assoc. prof. Dr. Mario Milkov, MD, PhD**