



Speaker Packet

Dr Mona Patel – The Snoozologist



Presentations

Dental Snoozology 101

A full or half day program designed to take a practice from sleep training to full implementation. This intensive course gives practice owners and teams the tools they need to create a successful sleep dentistry practice.

Creating Your Sleep Dentistry Dream Team

No one can implement sleep dentistry alone. This program teaches practice owners how to transform their teams into key players in a sleep program.


Airway Dentistry and Reaching Your Dreams

Sleep dentistry is an exciting new addition to our field, and new advances are occurring all the time. In this keynote address, Dr. Patel demonstrates how a focus on a patient's total health changes their life and our practice.



Sleep Dentistry is the path to a dream practice when you work with the Snoozologist. Dr. Patel knows that implementing sleep dentistry isn't just a matter of science - it also requires tools to build strong relationships with your team, patients, and community. If you've shied away from sleep dentistry, it's time to learn from the Snoozologist and snooze your way to a better practice.

Dr. Patel offers keynotes, sessions and workshops that help attendees develop personalized, effective plans for successful sleep dentistry implementation.



Snoozology 101: Save your practice while saving lives

In 2018 years, Dr. Patel walked out of a sleep dentistry seminar thinking “A lot of those symptoms sound like me!” She went home, fabricated an oral appliance for herself, and suddenly felt healthy and energetic for the first time in years. In that moment, a Snoozologist was born. After successfully starting a sleep dentistry program in her own practice, Dr. Patel developed a program to allow other dentists to achieve their dreams through sleep dentistry.

Snoozology 101 distills all of Dr. Patel's experience into a high-energy seminar jam-packed with everything you need to get your airway dentistry program off the ground. Whether you're new to sleep dentistry or have simply failed to get your program off the ground, Snoozology 101 will give you the tools you need to become a successful sleep dentist.

Learning Goals

- Terminology, pathology, and co-morbidities associated with sleep apnea.
- Predictably screen patients suffering with airway issues and how to incorporate into new patient and busy hygiene columns.
- Decision trees for treatment option including oral appliances.
- How to manage final restorative plans to include airway therapy to avoid common failures and aesthetic compromises in your restorative phase.
- How to determine, prescribe and fit appropriate appliances.
- How to handle financials and needed documentation.

Format

This seminar is available in 90-minute, half day, full day, and two-day comprehensive course options. Longer formats offer more opportunity for personalized instruction centered on particular practices.

Audience

Practice owners, practice managers, or complete teams.





Learning Goals

- Learn how to persuade your team that sleep dentistry benefits both your patients and the practice
- Setting goals for implementation and rewarding milestones
- How to teach your team to talk to patients
- Develop a schedule to seamlessly integrate sleep dentistry into the practice schedule
- Routines for hygienists and dental assistants
- Medical billing tips and tricks
- Teaching the team to communicate with specialists

Creating Your Sleep Dentistry Dream Team

Sleep dentistry will change your practice, but you can't do it alone. One of the biggest reasons that dentists fail at airway dentistry programs is that they fail to get the team in board from the start. In this program, Dr. Patel will help you identify team members who are key to succeeding in sleep dentistry. She'll work with you to develop a plan to communicate with these key team members and energize them. Finally, she'll help you develop the systems that will make this transition easy for your team.

Dental
Snoozology

AWAKENING SLEEP APNEA SOLUTIONS IN YOUR PRACTICE

Format

Available in 90 minute and half-day sessions.

Audience

Practice owners and managers who have undergone sleep dentistry training but need support with engaging their teams in implementation.



Airway Dentistry and Reaching Your Dreams

Dentists in private practice and corporate practices are asking the same questions:

How do I build the bridge between dentistry and sleep apnea, create awareness of the health risks for my patients, and empower my team to drive dental sleep medicine in my practice?

Based on over twenty years of practice, including countless hours of CE, research, and educating dentist from all across the country, Dr. Patel found the answer:

Building dental sleep medicine in your practice requires a personalized approach that is 100 percent teachable and customizable.

It's taking what you've learned and transforming that knowledge into a strategy built specifically for your practice and your team to implement. It requires leadership, tough conversations, and empowering communication.

In this keynote, Dr. Patel uses research, personal life stories, and examples of demonstrate:

- The impact sleep apnea can have on patients oral and systemic health
- Oral signs associated with sleep apnea
- Best practices to navigate within the scope of dental office to evaluate which cases to proceed with and identify TMD cases.
- How emotional intelligence and the psychology of effective communication empowers your team and educates your patients on the importance of dental sleep medicine
- Top 3 ways to increase dental sleep patients in your practice.

Learning Goals

- Improved understanding of the link between the airway, sleep, and physical and mental health
- A metric for evaluating potential sleep dentistry cases
- Communicating sleep dentistry to teams and patients
- Strategies fir for increasing the number of sleep patients in your practice

Format

Keynote address

Audience

Associates, practice owners, and dental students



About Dr. Patel

Dr. Patel earned her DMD from the University of Pennsylvania and has worked in private practice since 1995. She has served as a clinical supervisor for final year dental students and has completed over 700 hours of post graduate training.

Her passion for patient overall health, her depth of knowledge and her enthusiastic, empathetic approach make her a popular lecturer on issues related to airway dentistry.

She sits on the faculty for two curriculums: Clinical Mastery Series and Sleep Group Solutions. Dr. Patel is the Course Director for the Clinical Mastery Series 2-day foundational course in Dental Sleep Medicine and is a clinical faculty instructor at the University of Pennsylvania Dental School, and the founder of Dynamic Dental Divas, an all-woman study group.

She is a member of the American Academy of Dental Sleep Medicine, the ADA, the American Academy of Cosmetic Dentistry and the Academy of General Dentistry.

Testimonials

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Implementing airway focused dentistry into my practice has made me realize sleep-related breathing disorders go undiagnosed often. Connecting our knowledge with dental sleep medicine has enabled my team to change lives. It is as simple as a conversation to set your patients on a journey to better sleep and overall health. Dr. Mona Patel has been an incredible inspiration in my journey to continue learning about dental sleep medicine. She has been instrumental in my daily practice and has been available to guide me on my airway dentistry implementation.

Dr. Ginger Rome

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Dr. Mona Patel is an expert in comprehensive dentistry! I love how she can teach dental professionals how to encompass sleep issues -everything from diagnosis and treatment planning to execution of workflow. Her systems and knowledge can be used in practice by Monday morning. She is truly the best educator for implementing sleep dentistry in the dental office!

Dr. Sapna Makhan Amin

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I can't say great things about the experience. One thing Dr. Patel has really helped with is training the team! I would recommend Dr. Patel to anybody!

Dr. Eric Pastor

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AWAKENING SLEEP APNEA SOLUTIONS IN YOUR PRACTICE