

# *Sleep Solutions: Three Easy Steps*



## Step 1

Talk with your patients about their sleeping habits. If you believe he/she may be suffering from a sleep disorder, you or your staff should complete the Initial Evaluation Form. Additionally, send the Epworth Sleepiness Scale and Significant Other Forms home with the patient to complete. If these forms show symptoms and/or signs of a sleep disorder, refer the patient to undergo a sleep study for diagnosis.

## Step 2

Once diagnosed, you can prescribe an intraoral appliance, and begin completing the Pretreatment Charting form including taking impressions and George Gauge Registration.

## Step 3

Delivery and adjustment of appliance and scheduling a series of follow-up and evaluation appointments.

