



# Dental Sleep Medicine and TMD Mini Residency.

An unparalleled hybrid program focused on treating **maxillofacial discrepancies, malocclusion, masticatory-temporomandibular joint disorders,** and dental sleep medicine for **pediatrics** and **adults.**

**Session dates: June 12 - 13, 2026 | August 21 - 22, 2026**

**36 CEU  
Credits**

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## COURSE OVERVIEW

Session 1: Online Self-study (4 hours)

Session 2: On-site (2 days)

Session 3: On-site (2 days)

**A revolutionary course focused on Airway  
Management, TMD Treatment, and Bite  
Correction.**

You are invited to the upcoming:

## **Dental Sleep Medicine and TMD Mini Residency**

Welcome to an unprecedented hybrid program focused on treating **maxillofacial discrepancies, malocclusion, masticatory-temporomandibular joint disorders**, and **dental sleep medicine** for **pediatrics** and **adults**.

This **3-session 36 CE** program will give you the competitive edge you are looking for.

### Cohort Dates

**Session 1: Virtual**

**Session 2: June 12 - 13, 2026**

**Session 3: August 21 - 22, 2026**

This hybrid program is exclusive to only **8 participants** who are serious about taking the next step in their sleep medicine career. This limited capacity allows for a focused learning environment where participants will be actively engaged with hands-on learning modules.

This is the **only** mini-residency program that simultaneously addresses **TMD and Sleep-Related Breathing Disorders (SRBD) simultaneously for pediatrics and adults** utilizing proprietary and proven technologies and treatment philosophies taught by **Dr. Joseph Yousefian**.

**Save \$500 when you register by 04/30/26**

Upon completing this course, you can position your practice to address sleep disorders and TMD. Don't miss out on this unique opportunity to learn hands-on from one of the industry's clinical pioneers in adult/pediatric airway and TMD experts, Dr. Joseph Yousefian.

We look forward to helping you take the next big step in your sleep medicine career and seeing you at the program.



Ryan Yousefian, M.S.  
CEO  
ApnoMed Inc.  
Ryan@apnomed.com  
425-346-7961

# OVERVIEW

**Session 1: Virtual Self Study**  
**Session 2: In Person**  
**Session 3: In Person**



This exclusive course will give you the comprehensive educational and hands-on experience needed to transform your practice into a sleep apnea and TMD treatment powerhouse. During this course, you will learn how to utilize cutting-edge appliances and techniques developed by Dr. Yousefian for managing and treating sleep-related breathing disorders **utilizing clear aligner therapy simultaneously**. You read that right... Not only will you learn to **manage** airway and TMD disorders, but you will also learn how to **treat** them with the ApnoTx and aligners.

There is a relationship between malocclusion-maxillofacial discrepancies, TMD, and SRBD - OSA. These categories in a significant number of patients overlap. The proper management of either condition will involve knowledge in all fields.

**By the end of the program, you will be able to confidently:**

- Identify OSA and TMD patients
- Manage mild to moderate adult OSA patients
- Manage and treat masticatory and mild to moderate myofascial and intracapsular issues in adult and growing patients
- Utilize the ApnoDent and ApnoTx to manage and treat TMD/OSA during orthodontic/clear aligner treatment
- Build a physician network for pediatric and adult SRBD-OSA patients
- Have medical insurance reimbursement implemented
- Have your practice set up for dental sleep medicine success



# SESSION 1

Online Introductory  
Session: 4-hours of Pre-  
Recorded Material



Review of head and neck anatomy related explicitly to craniofacial pain, TMD, and upper airway disorders.



Review normal growth and development, occlusion, and masticatory function.



The etiology of malocclusion, masticatory, and temporomandibular joint disorders.



Normal upper airway function, sleep, and etiology of sleep-related breathing disorders - obstructive sleep apnea.



Imaging of the TMJ and use of CBCT and MRI as diagnostic modalities.



Instruction on analog and digital impressions for fabrication of orthotics and hybrid oral sleep - orthodontics - TMJ appliances.

At the end of this session, participants are encouraged to take digital or analog impressions of themselves. **\*Custom appliances will be fabricated and used at Session 1 for hands-on practice\***

# SESSION 2

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- Friday, 06/12/26
- Saturday, 06/13/26

## Day 1 - June 12

- ▶ Review of airway anatomy and respiratory physiology related explicitly to upper airway disorders
- ▶ Understanding the polysomnogram(sleep study)
- ▶ How and when to screen, evaluate, examine, treat, or refer pediatric and teenage patients suffering from SRBD-OSA
- ▶ Interdisciplinary management options for pediatric and teenage patients with SRBD and OSA
- ▶ An overview of treatment modalities, including myofunctional therapy, cognitive behavioral therapy (CBT), and otolaryngology in treating SRBD-OSA
- ▶ Follow-up for oral appliance therapy, assessment of success, portable monitoring as an assessment tool for the dentist
- ▶ How to implement dental sleep medicine in practice and to use dental and medical coding for dental and medical billing.

## Day 2 - June 13

- ▶ Sleep pathologies – SRBD-OSA, persistent hypersomnolence to insomnia – recognizing and understanding; narcolepsy, restless legs syndrome, and other neglected sleep disorders
- ▶ An overview of extra and intraoral exams for SRBD-OSA and a review of stabilization appliances for the management and treatment of SRBD-OSA
- ▶ Hands-on instruction for the intra and intraoral exams for SRBD-OSA
- ▶ Hands-on instruction for analog impressions for the fabrication of oral appliances
- ▶ Hands-on digital impression for fabrication of oral appliances
- ▶ Hands-on delivery of oral appliances for the management of bruxism and SRBD-OSA

**(All participants will get their own ApnoDent appliance)**

# SESSION 3

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- Friday, 08/21/26
- Saturday, 08/22/26

## Day 1 - August 21

- Review of occlusion and masticatory system explicitly to craniofacial pain, masticatory-TMJ, and upper airway disorders
- How and when to screen, evaluate, examine, treat, or refer TMD patients
- Treatment of masticatory muscle disorders - management and treatment of bruxism
- Treatment of articular disc disorders and close-locked management
- An overview of treatment modalities and use of hybrid oral sleep-orthodontics -TMJ appliances with aligners for the management of masticatory and articular disc disorders
- An overview of treatment modalities and use of hybrid oral sleep-orthodontics -TMJ appliances with aligners for the management of masticatory and articular disc disorders
- The significance of upper airway disorders, sleep bruxism, and malocclusion
- Early intervention for the management of malocclusion and maxillofacial discrepancies in young children
- An overview of the hybrid oral sleep-orthodontics -TMJ appliances and use of aligners for managing malocclusion and maxillofacial discrepancies in growing and teenage patients
- How to implement TMJ therapy in your practice and to use dental and medical coding for dental and medical billing

## Day 2 - August 22

- An overview of extra and intraoral exams for TMD and SRBD-OSA and a review of the use of hybrid oral sleep-orthodontics -TMJ appliances with aligners for the management and treatment of mild to moderate SRBD-OSA, malocclusion, intracapsular and masticatory muscle disorders and their interactions with SRBD-OSA
- Hands-on instruction for:
  - Extra and intraoral exams for TMD and SRBD-OSA
  - Analog impression for fabrication of hybrid oral sleep-orthodontics -TMJ appliances
- Hands-on digital impression for:
  - Fabrication of hybrid oral sleep-orthodontics -TMJ appliances
  - Delivery of hybrid oral sleep-orthodontics -TMJ appliances and aligners for management of TMD and SRBD-OSA

# MEET THE FACULTY



**Joseph Yousefian**  
DMD, M.S

- Diplomate of American Board of Dental Sleep Medicine
- Diplomate of American Board of Orthodontics
- Published Author and Key Opinion Leader in TMD/Airway
- Inventor of ApnoMed's Technologies



**Sue Vetter**  
DDS

- Affiliate Professor University of Washington Dental School
- Graduate of Dawson Academy, Kois Center, Schuster Center and OBI
- Faculty and Vice President, OBI Foundation for Bioesthetic Dentistry



**Ryan Yousefian**  
M.S

- Co-Founder of ApnoMed
- Sleep Integration and Marketing Specialist
- Has dedicated his career to advancing innovative solutions within the medical and dental sleep industry
- A sleep apnea survivor with a personal passion for improving treatment and awareness

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# BELLEVUE, WA



**\$500 off Registration!**

**Use Code "savinglives"**  
**at checkout**

**(offer valid until 04/30/2026)**

## **Registration Details:**

### **Course Venue:**

Friday-Saturday 8 am-5 pm PST  
ApnoMed Inc. Learning Center  
12715 Bel Red Rd. STE 140  
Bellevue WA 98005

**Space is limited to 8 attendees per cohort**



## **Course Price:**

**(Price Includes all Sessions, Lecture Handouts, and Personal ApnoDent Oral Appliance)**

**Clinician: \$5,495**

**Team Member: \$1,995**

**36 CEU's**

**Non-profit AGD PACE Approved**



**Dr. Joseph Yousefian DMD, MS**  
**Course Director**

**Contact Ryan Yousefian with any questions:**

**Phone: 425-346-7961**

**Email: [Ryan@apnomed.com](mailto:Ryan@apnomed.com)**

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