The Correlation of Sleep Disorders and Dental Anxiety with Oral Manifestations
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Sleeping disorders:
- Sleep plays a vital role in day time functionality
- Has long term effects on overall health
- Sleep has major benefits in: healing, memory, mood, and overall health

Dental Anxiety:
Defined: An irrational fear of dental related objects and procedures that manifests as a strong emotional response.

Correlation:
50% of people that have a sleeping disorder also have dental anxiety

Sleep Hygiene
“Sleep hygiene is defined as a set of behavioral and environmental recommendations intended to promote healthy sleep.”

Recommendations for the patient:
- Reduce bedroom noise
- Avoid caffeine and alcohol
- Schedule sleep time
- Lower room temperature
- Manage stress

Treatment modifications for dental anxiety:
- Allow patient to hold suction
- Explain procedures
- Pay attention to patients’ needs
- Encourage and motivate

‘Of the top 100 fears of 2015 approximately 19 of those phobias can be experienced by a patient at a regular recare visit.’

Our Conclusion:
- Ask patients about sleep quality
- Minimize patient discomfort and anxiety
- Allow for open communication
- Increase patient-to-practitioner trust
References


