



MARK E. HARRIS, D.D.S.
Brighter Smiles

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Improving Health: Riverside Dentist Offers a Better Night's Sleep

Mark E. Harris, D.D.S Earns Elite Diplomate Status with the American Board of Dental Sleep Medicine

(Riverside, CA) July 22, 2019 – Riverside Dentist Mark E. Harris is helping Riverside residents get a more restful night's sleep by treating sleep apnea and snoring. Dr. Harris recently achieved the elite status of an American Board of Dental Sleep Medicine (ABDSM) Diplomate. ABDSM is the board for the leading national organization for dentists who treat snoring and obstructive sleep apnea with oral appliance therapy. Earning Diplomate status from the ABDSM is a unique honor that recognizes special competency in dental sleep medicine.

“Sleeping with a CPAP machine, which includes a face mask, tubing and a constantly running motor, can be difficult, and many Riverside residents are unaware that an effective – and comfortable – treatment is available,” said Dr. Harris. “I’m committed to using my knowledge of dental sleep medicine to help treat my patient’s snoring and sleep apnea and provide Riverside residents with a better night’s rest.”

While CPAP is the standard treatment for sleep apnea, the American Academy of Dental Sleep Medicine estimates up to 50 percent of sleep apnea patients do not comply with or tolerate CPAP. In contrast to a CPAP machine, oral appliances are a mouth guard-like device worn only during sleep to maintain an open, unobstructed airway. Patients like oral appliance therapy because it is comfortable, easy to wear, quiet, portable and easy to care for.

“Oral appliance therapy is an effective treatment option that offers a higher rate of patient compliance than CPAP,” said Dr. Harris. “I work with my patients, and their sleep physicians, to identify the right oral appliance device, custom fit devices to each patient and make any needed adjustments to ensure an open airway and a more restful sleep.”

ABDSM Diplomate status is the gold standard in dental sleep medicine demonstrating that a dentist has the technical skill, in-depth knowledge and professional judgment to provide optimal oral appliance therapy care.

Dr. Harris is located at 5925 Brockton Avenue in Riverside, CA. Patients with loud snoring and/or diagnosed sleep apnea sufferers with difficulty tolerating CPAP should contact Dr. Harris at (951) 684-4988 to schedule a consultation appointment. Dr. Harris works closely with physicians to treat snoring and obstructive sleep apnea.

www.markharrisdds.com

About Dr. Mark E. Harris

Dr. Harris is an American Board of Dental Sleep Medicine Diplomate. A graduate from Loma Linda University School of Dentistry, Dr. Harris opened his Riverside practice in 2005. Dr. Harris has a passion for helping patients keep their teeth for life which ultimately promotes overall wellness. Dr. Harris maintains a CA license in Oral Conscious Sedation. Our team is committed to providing patients optimal oral health care in a relaxed and comfortable setting. He is an active member in the American Dental Association, California Dental Association, has been a board member of the Tri-County Dental Association since 2009 as Chair of Peer Review.

About The American Academy of Dental Sleep Medicine

The American Academy of Dental Sleep Medicine (AADSM) is the only non-profit national professional society dedicated exclusively to the practice of dental sleep medicine. The AADSM provides educational resources for dentists and promotes the use of oral appliance therapy for the treatment of obstructive sleep apnea and sleep-disordered breathing. Established in 1991, the AADSM has nearly 3,000 member dentists worldwide and over 325 Diplomates across the country. Visit www.aadsm.org or call the national office at (630) 686-9875 for more information.

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