



**Academy of Prosthodontics 2026 Annual Scientific Session
The Boca Raton Hotel, Boca Raton, FL | May 27-30, 2026**

Program Speaker – Jamison Spencer, DMD, MS

Title

Sleep Disordered Breathing

Abstract

For decades we have blamed grinding and clenching of the teeth on 1. Stress and 2. Malocclusion. While certainly emotional stress and occlusal factors can play a role in the etiology of bruxism, it is becoming clear that in many patients obstructive airway issues are a major driving factor.

Dr. Spencer will make a strong case that the so called "parafunction" that wreaks havoc on our patient's teeth and on our best restorations may actually be "protective" in nature. This understanding may help with the diagnosis and actual treatment of the true underlying etiology of the bruxism.

With the case made that clenching and grinding may be the brain's way to protect itself from suffocation, the lecture will then focus on how to protect the patient, protect their teeth, protect their restorations and protect the prosthodontist's practice.

Learning Objectives

- Review the literature regarding possible connections between bruxism and obstructive sleep apnea.
- Discuss use of night guards and oral appliances for sleep apnea and their effects on bruxism muscle activity.
- How to screen your patients for possible sleep apnea related bruxism, and when to refer for a sleep evaluation.

Biography

Dr. Jamison Spencer is the director of the Centers for Sleep Apnea and TMJ, in Boise Idaho and Salt Lake City Utah. He is a Diplomate of the American Board of Craniofacial Pain, a Diplomate of the American Board of Dental Sleep Medicine, a Diplomate of the American Board of Craniofacial Dental Sleep Medicine and has a Masters in Craniofacial Pain from Tufts University. He taught head and neck anatomy at Boise State University, and is adjunct faculty at the University of Utah School of Dental Medicine. Dr. Spencer has been invited to lecture on TMD and Dental Sleep Medicine throughout the United States at every major dental meeting. In 2017 Dr. Spencer created Spencer Study Club, an online education, mentoring and implementation program to help dentists and their teams help more of their patients with sleep apnea and TMJ disorders.