



NEWS RELEASE
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Improving Health: Livingston Dentist Offers a Better Night's Sleep

New American Board of Dental Sleep Medicine Diplomate, Dr. R. Craig Miller, Treats Sleep Apnea, Snoring

Livingston, NJ July 2019 – Local dentist R. Craig Miller is also helping Livingston and surrounding area residents get a more restful night's sleep. Dr. R. Craig Miller of The Miller Center is 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 Livingston residents are unaware that an effective – and comfortable – treatment is available,” said Dr. Miller. “I’m committed to using my knowledge of dental sleep medicine to help treat my patient’s snoring and sleep apnea and provide Livingston area 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. Miller. “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.”

Dr. Miller/The Miller Center is located at 22 Old Short Hills Road, Suite 206. Patients with loud snoring and diagnosed sleep apnea sufferers with difficulty tolerating CPAP should contact Dr. Miller at (973) 533-0053, www.TheMillerCenter.com to schedule a consultation appointment. Dr. Miller works closely with physicians to treat snoring and obstructive sleep apnea.

About R. Craig Miller

Dr. Miller is an American Board of Dental Sleep Medicine Diplomate, a Fellow of The International Congress of Oral Implantologists, as well as a Fellow and Master of The Academy of General Dentistry. Dr. Miller is on staff at Newark Beth Israel Hospital, where he teaches dental residents restorative, implant, and advanced cosmetic dentistry, along with dental sleep medicine. He has just written a new book entitled: “Get Back Your Smile, Take Back Your Life” available on Amazon.

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. Visit www.aadsm.org or call the national office at (630) 686-9875 for more information.

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