



Dr. Preetam Schramm

Dr. Schramm is an internationally recognized sleep scientist. He was the Director at the Center for Sleep Physiology and Medicine, St. John's Cardiovascular Center in the department of medicine, at Harbor – UCLA Medical Center, Los Angeles, California. As a visiting scholar, he is currently investigating the effects of oral appliance therapy on sleep at Texas A&M University, Health Science Center, Dallas Texas. At the Brain Health Center, Dallas, Texas, he is investigating the effects of sleep loss and brain metabolic markers in people with Alzheimer's disease. His published work includes sleep disordered breathing and insomnia, antidepressant and cognitive therapy responses in adult depression using sleep as a "window of health".



Title of Lecture

Oral Appliance Therapy for Improving Sleep Quality during Pregnancy: A Controlled Clinical Trial

- 11 – 20% of women suffer from snoring and poor sleep quality while pregnant
- OSA has a detrimental impact onto fetal outcomes
- Sleep breathing disorder is a stressor on maternal physiological homeostasis which extends to and affects the maternal-fetal unit
- Reliance on >5 events/hour PSG parameters to determine a positive finding has limited sensitivity
- Midline traction OA therapy effectively treats OSA, snoring in pregnant women