



**NEWS RELEASE**  
FOR IMMEDIATE RELEASE

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**Improving Health: Boyertown Dentist Offers a Better Night's Sleep**

*New American Board of Dental Sleep Medicine Diplomate, Dr. John F. Hyatt, Treats Sleep Apnea, Snoring*

**(Boyertown, PA) August 19, 2019** – Local dentist Dr. John F. Hyatt is now helping Boyertown area residents get a more restful night's sleep. Dr. Hyatt of Hyatt Dental Sleep Medicine recently became 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 Boyertown area residents are unaware that an effective – and comfortable – treatment is available,” said Dr. Hyatt. “I’m committed to using my knowledge of dental sleep medicine to help treat my patient’s snoring and sleep apnea and provide Boyertown 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. Hyatt. “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.”

Hyatt Dental Sleep Medicine is located at Boyertown Professional Center, 137 Montgomery Avenue, Suite 106, Boyertown, PA 19512. Patients with loud snoring and diagnosed sleep apnea sufferers with difficulty tolerating CPAP should contact Dr. Hyatt at 484-415-5701 to schedule a consultation appointment. Dr. Hyatt works closely with physicians to treat snoring and obstructive sleep apnea.

### **About Dr. John F. Hyatt**

- Diplomat in the American Academy of Dental Sleep Medicine.
- Hyatt Dental Sleep Medicine is an ABDSM accredited facility
- Fellow in the Academy of General Dentistry.
- Member of the American Dental Association, PA and Berks County Dental Associations.
- Past President Pottstown Dental Study Club
- 1979 Graduate of Temple Dental School
- 35 years experience as a Boyertown family dentist
- Attended Lehigh University and graduated with a BA in Psychology from Temple University in 1974

### **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](http://www.aadsm.org) or call the national office at (630) 686-9875 for more information.

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