

Perspectives on Becoming an American Board of Dental Sleep Medicine Diplomate

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The American Board of Dental Sleep Medicine (ABDSM) is widely recognized as providing the gold standard in credentialing for the field of dental sleep medicine. The ABDSM was established in 2004 and is an independent, self-designated nonprofit testing organization. The organization has more than 1300 diplomates and continues to add more each year. We reached out to three ABDSM diplomates to hear more about their experiences achieving this outstanding accomplishment.

HOW HAS BECOMING AN ABDSM DIPLOMATE BENEFITED YOUR CAREER?

“Joining the American Academy of Dental Sleep Medicine (AADSM) has been incredibly rewarding for me, both professionally and personally. As a dental professional, I’m always looking to expand my expertise, and the AADSM provides invaluable resources to keep me at the forefront of dental sleep medicine. Their seminars, research, and networking opportunities help me enhance my skills in treating sleep apnea and other disorders.

Earning my diplomate status in 2020 through the ABDSM was a major milestone, giving me advanced knowledge and credentials to offer the best care to my patients. The ABDSM also fosters a strong community, offering a platform for collaboration and support. I’ve connected with like-minded professionals, learning new techniques to improve patient outcomes.

The AADSM’s dedication to advancing dental sleep medicine is why I joined and remain an active member and committee chair. It’s an organization that empowers its members to excel, stay informed, and make a meaningful impact. I look forward to continuing my journey with the AADSM for years to come.”

Tanya L. DeSanto, DDS, D.ABDSM

“My entire career changed after I personally was diagnosed with OSA in 2008. I had a successful General

Dental practice for over 30 years and loved dentistry. I researched dental sleep medicine, joined the AADSM, learned about oral appliance therapy, and personally went from AHI of 18 to 2. My life and career took a new direction.

I wanted to set myself apart from the pack and took the steps to become an ABDSM diplomate. In 2012, I dedicated my entire practice to dental sleep medicine and haven't look back since. I used to say, 'I helped patients save their teeth'. Now, 'I help patients save their lives and their relationships’”

Earl K. Bogrow, DDS, D.ABDSM, Fellow-AGD

“Having been involved in dental sleep medicine since the early 1980s, I had professional credibility with the few medical sleep peers with whom I worked closely in developing some of the earliest oral appliances and bite gauges. However, with the changing medical/insurance/corporate environment, I felt that becoming an ABDSM diplomate would signify my expertise and commitment to dental sleep medicine. The ABDSM diplomate credential significantly enhanced my career in several ways. Primarily, it differentiated my practice from everyone else’s, allowing it to grow and prosper. It establishes you as a qualified professional with advanced knowledge in managing sleep-disordered breathing, making you a trusted provider. It allowed me to expand my referring network to cardiologists, ENTs, primary care physicians, and especially nurse practitioners. Plus, I know from many years of experience that patients seeking treatment for conditions like obstructive sleep apnea are more likely to choose a diplomate due to the confidence the title designates. Lastly, being a diplomate has opened opportunities to contribute to advancements in the field through lecturing, publishing, and mentoring peers.”

Steve Wilhite, DDS, D.ABDSM

Interested in becoming an ABDSM diplomate? You can learn more [here](#).

CITATION

Perspectives on becoming an American Board of Dental Sleep Medicine diplomate. *J Dent Sleep Med.* 2025;12(1).



Left to Right: Drs. Tanya L. DeSanto, Earl K. Bogrow, Steve Wilhite