

# AS SEEN IN VENTURA BLVD

## TOP DOCTORS, DENTISTS & HEALTH PRACTITIONERS 2014

**D**r. Michael Simmons is the director of the first-ever Accredited Dental Sleep Medicine facility in Los Angeles County. He is credentialed in both dental sleep medicine and orofacial pain and is devoted to delivering premier level health care focusing on best sleep, jaw function and cosmetic healthy smiles. Treatment often includes specialized oral appliances that support the airway during sleep, reducing snoring and gasping. In practice for more than 30 years, Dr. Simmons is a perpetual student, researcher and educator who has been published widely and frequently lectures throughout the U.S. When he's not at work, the doctor enjoys travel, walking his dogs and playing a mean game of squash.

### PROFILES TOP DOCTORS, DENTISTS & HEALTH PRACTITIONERS

#### Michael Simmons, DMD, FAGD, Owner Simmons Dental Sleep Medicine

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#### What do your patients like best about you?

"It might be as simple as my diluted British accent, my devotion to their best care, the honest and clear answers to any questions, or the light touch and highly skilled professional care."

#### What's one trend that is changing your specialty today?

"More awareness that snoring can be associated with serious health consequences and that there are patient-friendly options to treat snoring and obstructive sleep apnea."

#### What questions or concerns do you frequently hear from patients?

"Patients come to me complaining of exhaustion, forgetfulness, impaired cognitive function, depression and a myriad of other symptoms associated with their inability to get restful sleep. Others are concerned that their snoring is forcing them to sleep apart from their spouse in another room (or zip code) and is socially embarrassing."  
**How do you distinguish yourself from the competition?**



"Independent credentialing validates expertise; accreditation speaks to patient safety; research along with publishing original findings and educating others—including future dentists ... these all speak to long-term commitment to the field."

#### Tell us something unique about your business.

"We use high-tech, ultra-low radiation, institutional-quality imaging equipment. This provides

“There are **PATIENT-FRIENDLY** options to treat snoring and obstructive sleep apnea.”

detailed information about the airway, sinuses and orofacial structures in the fully reclined position that closely mimics normal sleep position.”  
**How do you give back to your community?**

"I have continued to donate my time teaching UCLA's dental students since 1987 and lecture

around the U.S. to a variety of dental and sleep medicine groups. I also serve on boards of health care foundations and associations, including my local dental society, where I served for years as Ethics Chairman and continue to serve on the Executive Board of Directors.”