

World Dentofacial Sleep Bruxism Conversation and Workshop

This full-day workshop is held on Saturday, 6 September 2025 (9am-5pm) at Suntec City, Room 308. Register today to secure a place. Early-rate is USD250 and on-site is USD350. Group rate at 20% discount is available on application for students, residents, sleep technicians and allied health professionals.

Programme

9.00am	Gilles Lavigne: Keynote Lecture - Why, how and when is quantification of sleep bruxism needed? From mechanism driven and population epidemiological research to the clinic: A bridge to build.
9.45am	Peter Svensson: Non-PSG methods of assessment of bruxism and introduction of the Standardised Tool for the Assessment of Bruxism (STAB). Clinical management of bruxism: a dentist's perspective.
10.30am	Break
11.00am	Jerald Simmons: Keynote Lecture - Subtleties in PSG Scoring. Could sleep bruxism serve as a protective homeostatic mechanism against obstructive breathing during sleep?
12.00pm	Lunch
1.30pm	Debate There is or there is no clinical relevance in the application of Type 1 PSG parameters to current dental & medical diagnosis in the management of patients with sleep bruxism. Pros: Jerald Simmons & Leow Leong Chai. Cons: Peter Svensson & Xu Zheyu. Moderators: Gilles Lavigne, David Tay, Mimi Yow. Judges: Audience
3.00pm	Gilles Lavigne: Scoring criteria and sleep bruxism case-study in otherwise healthy individuals. Leow Leong Chai: Scoring criteria and sleep bruxism case-study in the presence of sleep-disordered breathing. Xu Zheyu: Scoring criteria and sleep bruxism case-study in the presence of neurological disorders.
4.00pm	Break
4.30pm	Expert panel: Future directions and interdisciplinary collaboration.
5.00pm	End

Expert Panel

Professor Gilles Lavigne DMD, MSc, PhD, FRCD.

Professor Lavigne is full professor in the Faculty of Dental Medicine and Oral Health Sciences, and in the Department of Neurology and Neurosurgery of the Faculty of Medicine and Health Sciences at the McGill University. He conducts research in sleep apnoea, teaches, and mentors in McGill University at the Oral Medicine programme. He is recognized internationally for his experimental and clinical research on sleep bruxism and the interactions between sleep, pain, and breathing disorders.

Professor Peter Svensson DDS, PhD, Dr Odont, Odont Dr (h.c.).

Professor Svensson is a full professor in the Faculty of Dentistry at the National University of Singapore (NUS) and Senior Consultant at the National University Centre for Oral Health Singapore (NUCOHS). He is actively involved in clinical services to manage diverse presentations of orofacial pain and dysfunction with concurrent integration of research, teaching, and patient-care to advance the field of orofacial neurosciences, improve patient-outcomes and health. He has published over 600 original research articles, reviews, and book chapters.

Dr. Jerald H. Simmons MD.

Dr. Simmons is triple Board-certified by the American Board of: Sleep Medicine, Psychiatry and Neurology, and Clinical Neurophysiology and the founding director of Comprehensive Sleep Medicine Associates with offices in Houston and Austin Texas. Dr. Simmons trained at Stanford University under the mentorship of the late Dr. Christian Guilleminault and Dr. William Dement. Collaboration has been a central theme for Dr. Simmons, working closely with dentists and multidisciplinary healthcare professions and is the founding director of the Sleep Education Consortium that holds annual conferences promoting the concept of collaboration cures over the past 22 years. His sleep facilities extend the methodologies used in polysomnography and one of the few sleep programs that routinely incorporate esophageal pressure manometry, known as the Pes, which provides

the gold standard data to establish a diagnosis of the Upper Airway Resistance Syndrome. He is an early pioneer exploring and enhancing awareness of the critical relationship between mandibular position, clenching/sleep bruxism/TMJ disorder with OSA, as well as the relationship between ADHD and sleep disturbances of sleep.

Dr. David Tay BDS, MS, FAMS (Prosthodontics).

Dr. Tay is a certified specialist in prosthodontics and a Fellow of the Academy of Medicine (Singapore) in the Chapter of Prosthodontists, College of Dental Surgeons and the Chapter of Sleep Medicine Physicians. He established the NUS Edmund Tay Mai Hiong Endowed Fund (ETMH), annual ETMH Distinguished Speaker Programme, and scholarships for dentists to pursue full-time university-based programmes in dental sleep medicine and orofacial pain. He has worked tirelessly to raise awareness of dentistry's role in the early recognition, prevention, and co-management of sleep-related disorders, and obstructive sleep apnoea.

Dr. Leow Leong Chai MD, FRACP, FAMS (Respiratory Medicine).

Dr. Leow is an accredited specialist in Respiratory Medicine and a Fellow of the Academy of Medicine Singapore (AMS) in the Chapter of Respiratory Physicians, College of Physicians and the Chapter of Sleep Medicine Physicians. He was the founding Chairman of the Chapter of Sleep Medicine Physicians, AMS. He is Senior Consultant and current Director of the SingHealth Duke-NUS Sleep Centre, Adjunct Assistant Professor at the Duke-NUS Medical School and Clinical Senior Lecturer, NUS YLL School of Medicine, Singapore. He is passionate about the development of sleep medicine in Singapore and pioneered sleep bruxism reporting at the SingHealth Duke-NUS Sleep Lab with the SingHealth Duke-NUS Sleep team.

Dr. Xu Zheyu BA, MB BChir, MA, FRACP.

Dr. Xu is Senior Consultant Neurologist at the National Neuroscience Institute (Tan Tock Seng Hospital), with subspecialty interests in Parkinson's Disease, Movement Disorders and Sleep Neurology. She is visiting consultant at the Changi General Hospital and teaching faculty of the SingHealth Duke-NUS Sleep Centre. She is currently the Principal Investigator of a 5-year longitudinal study of prodromal Parkinson Disease, and has published more than 50 peer-reviewed research papers including a book chapter in the 3rd Edition of the Oxford Textbook of Old Age Psychiatry. She has served as an expert medical witness in sleep neurology for the deputy public prosecutor and is a national and international lecturer in this field.

Dr. Mimi Yow BDS, FDSRCS, MSc, PhD, FAMS (Orthodontics).

Dr. Yow is a certified specialist in orthodontics and a Fellow of the Academy of Medicine (Singapore) in the Chapter of Orthodontists, College of Dental Surgeons and the Chapter of Sleep Medicine Physicians. She is Senior Consultant and Director of Clinical Services at the SingHealth Duke-NUS Sleep Centre. She co-chairs the Singapore Advisory Group for Dental Sleep Medicine Education and Research to foster the partnership of five public institutions in a national initiative to establish sleep medicine dentistry education at SingHealth Duke-NUS Sleep Centre, NDCS, NUCOHS, Faculty of Dentistry (NUS), and Duke-NUS Medical School.