



## Nasal Breathing, Sleep-Related Breathing Disorders and Craniofacial Pain

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### Abstract:

One of the reasons why so many people suffering from chronic diseases is due to our lifestyles and sleep problems. Sleep is vital for our brain function, emotional well-being as well as physical health. Children requires adequate airway to allow good sleep for growth and development, adults with sleep and airway disorders often suffers from chronic diseases such as cardiovascular disease, diabetes, strokes and Alzheimer disease.

My presentation going to focus on how airway and nasal problems impact on sleep, pain and facial growth



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### Biography:

Dr Louis Chan graduated in Dentistry in 1998, his interest in craniofacial start after his father start to have Trigeminal Neuralgia. He is now studying for Master of Acupuncture and Chinese Medicine, and planning to integrate Chinese acupuncture with dental therapy for pain and sleep.

### Publications:

1. Picture tests in clinicopathology: Ear, nose and throat
2. Comparison of Chlamydia trachomatis alginate (CTA) and ear, nose, and throat (ENT) swabs for isolation of C trachomatis
3. Branchial cysts and fistulas: A new case series
4. The status of the ear, nose and throat in children of preschool age in Tashkent

[4th International Conference on Ear Nose and Throat, March 16-17, 2020 Sydney, Australia](#)

Abstract Citation : Dr Louis Chan, Nasal Breathing, Sleep-Related Breathing Disorders and Craniofacial Pain, ENT CONFERENCE 2020, [4th International Conference on Ear Nose and Throat](#), March 16-17, 2020 Sydney, Australia