

Applicant

Dr. Silvana Papagerakis, University of Saskatchewan

Trainee: Meenakshi Pundir

E-mail Address

silvana.papagerakis@usask.ca

Project Title

Assessing the association between sleep disorders and oral, systemic and mental health

Project Summary

Sleep synchronizes the core biological functions of the human body. Sleep deprivation and circadian desynchrony invoke conditions such as obesity, diabetes, and hypertension, as well as increased co-morbidities and mortality. Above all, there is an interaction between stress, sleep, and sleep-wake cycle that exacerbates co-morbidities and other pathologies such as Alzheimer's disease, cognitive impairment, and cardiovascular diseases. Sleep disorders can exhibit a wide range of oral, systemic, and cognitive health problems. Some studies show an adverse effect of chronic stress on oral health leading to diseases such as periodontal due to increase in inflammation. Therefore, the purpose of this study is 1) To examine the relationship between poor sleep health and sleep disorders with oral, systemic and mental health 2) To determine the association between sleep, stress and their role in the development of oral health problems.

Keywords

Sleep disorders, Oral health, Stress, Systemic health and/or comorbidities