

Jeffrey L. Brown, DDS

SLEEP & TMJ THERAPY

What makes Sleep & TMJ Therapy so unique? They focus solely on TMJ/TMD, sleep apnea and orthodontics. This allows Dr. Brown and his team to provide individualized care for patients dealing with these specific issues. Every day, the team helps patients of all ages with facial development, sleep issues, chronic headaches, migraines, neck pain, movement disorders, and much more. His training also includes multiple disciplines involving the cranial bones (skull), and the discs in the jaw joints. Through treatment, Dr. Brown can reduce these symptoms, align cranial bones, avoid extractions, and greatly reduce the need for traditional braces. His expertise allows him to identify issues early on which promotes proper facial development using dental appliances. If there is an internal imbalance, whether an adult or child, the body does not develop or function properly. When the cranial bones are lined up correctly, patients can function, sleep and generally live better. There is a strong correlation when it comes to TMJ Dysfunction, Sleep Apnea and sleep habits. That is why they try and identify the root of the problem instead of recommending medicine, night guards or irreversible procedures. With that in mind, the team at Sleep & TMJ Therapy uses a whole-body multidisciplinary approach when treatment planning. When needed they work with a team of doctors to identify problems outside the normal boundaries which provides solutions for complex cases.

Dr. Brown is a sought-after speaker outside of business hours. He has lectured all over the world, including D.C., Dubai, Seoul, London, Norway and Toronto. Since TMD is not really taught in dental school, there is a large lack of knowledge in this field. Through lecturing he can spread the word about treatment options so doctors worldwide can learn to help those in need.

In addition to lecturing, Dr. Brown enjoys spending time with his wife, 4 kids, and their dog, Coco. With his family roots coming from Maine, he appreciates the outdoors and spending time cooking with his kids. His down to earth personality and big heart bring a caring and true dynamic to the team and patients.

Screenings for patients 18 and under are complimentary. It is their goal to catch underlying issues and guide growth to avoid larger problems later on. For more information, check out their website and Dr. Brown's Blog!



SPECIALIZATION

Conservative TMJ/TMD Therapy, Sleep Apnea Treatment, ALF Appliance Therapy, Migraine/Headache Treatment, Reducing Symptoms Associated with Movement Disorders, Extraction-Free Three-Dimensional Orthodontics, Cold Laser Massage Therapy, and Early Childhood Prevention

DESIGNATIONS, AFFILIATIONS, AND AWARDS

Dr. Brown graduated from Georgetown Dental School and completed residencies in Dental Sleep Medicine and ALF Appliance Therapy. He has been featured on Channel 9's Good Morning Washington, several podcasts, numerous magazines and journals. He is a fellow of the American Academy of Craniofacial Pain, a member of the American Academy of Dental Sleep Medicine and Academy of Integrative Pain Management, as well as many more organizations.

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