

Review: Dinner at Whole Foods | Tanya Tucker tames Wolf Trap | The Opioid Crisis hits NoVA

# Northern Virginia

**1,000+**

Doctors in 48 specialties as chosen by their peers



**TOP DOCTORS**

Our annual list of the best doctors in the region. Did your doctor make the list?





## Sleep & TMJ Therapy

JEFFREY L. BROWN, DDS, FELLOW AACFP

### TMJ & SLEEP APNEA TREATMENT

Dr. Brown's practice focuses on TMD, sleep apnea and orthodontics. This allows Dr. Brown and his team to provide individualized, focused care for patients dealing with these specific issues. Every day, Sleep & TMJ 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 in the skull, and the discs in the jaw joints. Through treatment, Dr. Brown is able to 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 are able to function, sleep and generally live better. With that in mind, the team at Sleep & TMJ Therapy takes a whole-body approach

when treatment planning. They work hand in hand with physical therapists and osteopathic doctors for a better success rate. Dr. Brown is devoted to helping patients of all ages live a symptom free life. He earned his degree from Georgetown Dental School and completed residencies with Emory University Hospital for Dental Sleep Medicine and the ALF Appliance Therapy Institute. When not seeing patients, Dr. Brown is a sought-after speaker. He has lectured all over the world, including D.C., Dubai, Seoul, London, Norway and Toronto. He has also been featured on Channel 9's *Good Morning Washington*, several podcasts, numerous magazines and journals. He is a member of the American Academy of Craniofacial Pain, American Academy of Dental Sleep Medicine, American Academy of Gnathological Orthopedics, Academy of Integrative Pain Management and the American Dental Association.

2841 Hartland Rd., Suite 301, Falls Church, VA 22043  
703-821-1103 • [sleepandtmjtherapy.com](http://sleepandtmjtherapy.com)