

dr. erika mason



Dental sleep medicine is about more than just teeth. It's about our patient's oral-systemic health.

Who would have thought that dental professionals can help patients be healthier as well as get a better night's sleep with just a little piece of plastic? By offering high-quality therapy for sleep disordered breathing, we can play an important role in connecting the dots between oral health and full-body wellness.

One of a select few double "diplomate" dentists in the country in the field of dental sleep medicine, Erika Mason, DDS earned diplomate certifications with the American Board of Dental Sleep Medicine (ABDSM) and the Academy of Clinical Sleep Disorder Disciplines (ACSDD). She is Past-President of and was instrumental in helping establish the Virginia Academy of Dental Sleep Medicine. Additionally, she is a board member of the Virginia Academy of Sleep Medicine.

Dr. Mason lectures across the nation on the topic of Dental Sleep Medicine. She teaches a review course for the AADSM (the preparatory course prior to taking and passing a written Board Examination as one part of many steps in obtaining "Diplomate" certification.) She has contributed to multiple industry publications and has been published in Dental Economics, Dental Products Report and Contemporary Esthetics.

She has helped with the training initiative of active duty military dentists to learn DSM and train them to provide OAT to active duty soldiers. She is a pioneer in paving the way to help veterans be treated with OAT. Her practice was a "beta test" site for research in oral appliance therapy effectiveness and compliance and the results have been published in medical journals.



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PROFESSIONAL MEMBERSHIPS

American Dental Association
Virginia Dental Association
Richmond Dental Society
Virginia Academy of Dental Sleep Medicine; Past President
Virginia Academy of Sleep Medicine, Board Member
American Academy of Dental Sleep Medicine; Task Force Committee Member
American Academy of Sleep Medicine
American Academy of Oral Systemic Health
American Academy of Physiological Medicine & Dentistry
American Sleep and Breathing Academy
American Thoracic Society
National Sleep Foundation

PROFESSIONAL RECOGNITIONS

Academy of Contemporary Esthetics; Fellow
American Board of Dental Sleep Medicine; Diplomate
Academy of Clinical Sleep Disorder Disciplines; Diplomate

PRESENTATIONS (PARTIAL LIST)

American Dental Association, San Francisco
American Academy of Dental Sleep Medicine
Henry Schein (multiple)
J. Sargent Reynolds Community College (webinar & lecture)
NDX Laboratory (webinar)
NJ Sleep Society Annual Symposium
Prosomnus (multiple)
SomnoMed Dental Sleep Medicine Inc. (multiple)
Virginia Academy for Dental Sleep Medicine (multiple)
Virginia Commonwealth University's Heart Health Women's Symposium
Farmville Study Club
Dental Hygiene Study Club of RVA
James River Study Club
Midlothian Study Club
Women in Dentistry Study Club



sleep better
VIRGINIA

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