



NEWS RELEASE

Sleep Dallas Blog Recognized as One of the Best Sleep Blogs & Sleep Apnea Blogs

Frisco, TX (March 9, 2017) - Sleep Dallas, a leading dental sleep medicine practice, today announced that its Sleep Blog has been dually recognized as one of the [Best Sleep Blogs](#) and one of the [Best Sleep Apnea Blogs](#) by Feedspot.com. The online RSS feed reader Feedspot.com ranked the top 50 sleep blogs and the top 20 sleep apnea blogs using metrics that assessed the relevance of the educational content and the range of each blog's social network.

Sleep Dallas' [Sleep Blog](#) is an educational resource for topics related to sleep and sleep disorders, with a particular focus on sleep apnea. The blog's vast array of articles offer insightful and practical guidance to readers interested in sleep wellness. Sleep Dallas' founder Dr. Kent Smith uses his 20 years of experience researching and analyzing treatment options for sleep apnea, snoring, and other sleep related issues to inform the blog's subject matter.

"It's a great honor to have our blog recognized as one of the best Sleep Blogs, as well as one of the best Sleep Apnea Blogs," said Dr. Kent Smith. "We put a lot of thought and effort into providing our readers with educational content and evidence-based advice on the latest and most important sleep and sleep disorder topics. It's one of our strategies for achieving our goal of increasing awareness about sleep-related issues that affect public health in America."

Dr. Smith owns and operates Sleep Dallas with locations serving patients in both Frisco and Irving, Texas. He and his team provide treatment to sufferers of sleep apnea and other sleep disorders through oral appliance therapy. Additionally, Dr. Smith is President of the American Sleep and Breathing Academy, a Diplomate of the American Board of Dental Sleep Medicine, and is on the Advisory Committee of the Australasian Academy of Dental Sleep Medicine.

About Sleep Dallas

Sleep Dallas provides life-changing treatment options for patients suffering from sleep issues such as snoring and persistent fatigue, as well as diagnosed sleep disorders like sleep apnea. Sleep Dallas is focused on oral appliance therapies and orthodontics as alternatives to conventional treatments options that many users find to be ineffective. The practice's founding sleep dentist, Dr. Kent Smith, is a pioneer and thought leader in the realm of dental sleep medicine. In addition to serving his patients, Dr. Smith regularly hosts seminars and lectures, both nationally and internationally, to train dentists in dental sleep medicine. He is also the host of "Pillow Talk" that broadcasts weekly on KAAM 770 in the Dallas area. To learn more about Sleep Dallas and Dr. Kent Smith, visit sleepdallas.com.



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