

Board of examiners

**Prof. dr. Marie Marklund**

Department of Odontology,  
Faculty of Medicine, Umeå University, Sweden

**Prof. dr. Hugo De Bruyn**

Dean Department of Dentistry  
Radboud University, Netherlands

**Prof. dr. Miet De Letter**

Department of Rehabilitation Sciences  
(Speech-Language-Pathology Aphasiology)  
Ghent University

**Prof. dr. Marc Noppen**

Department of Health Sciences  
Vrije Universiteit Brussel/UZ Brussel

**Prof. dr. Roberto Cleymaet**

Oral Health Research Group  
Vrije Universiteit Brussel

**Prof. dr. Tom Vanwing**

Department Educational Sciences (Agogics)  
Vrije Universiteit Brussel

**Prof. dr. Peter Bottenberg, Chair**

Oral Health Research Group  
Vrije Universiteit Brussel

**Prof. dr. Wolfgang Jacquet, Promotor**

Oral Health Research Group  
Vrije Universiteit Brussel

**Prof. dr. Luc A M Marks, Promoter**

Chair School of Dentistry & Oral Hygiene  
University of Groningen, Netherlands



PhD in Dentistry  
2021-2022

INVITATION to the Public defense of

**Micheline M D De Meyer**

To obtain the academic degree of

**DOCTOR IN DENTISTRY**

**Fundamentals of Snoring  
Pathophysiology, Diagnosis and Treatment**

The defense will take place on **Thursday, 21<sup>st</sup> October 2021 at 5 p.m.**

In Auditorium Vanden Driessche  
Faculty of Medicine and Pharmacy, Laarbeeklaan 103, 1090 Brussel

**ADMITTANCE:** Please contact the PhD candidate if you want to attend the public defence in person by email: [miche.demeyer13@gmail.com](mailto:miche.demeyer13@gmail.com).  
Facemask and personal invitation is obligatory to attend the meeting.

and will be organised **online**  
via Zoom meeting, accessible through the following link:

[https://gf.vub.ac.be/redirects/PhD\\_defense\\_Micheline\\_De\\_Meyer.php](https://gf.vub.ac.be/redirects/PhD_defense_Micheline_De_Meyer.php)

## Summary of the dissertation

Snoring is a common and a high prevalent sleep-related phenomenon in humans. This PhD thesis focused on the fundamental aspects of snoring regardless the degree of respiratory deficiency. The American Association of Sleep Medicine (AASM) introduced "Primary Snoring" (PS), snoring without medical consequences, within the subdivision "Parasomnias" under "Other parasomnia", as a sleep disorder in 2001.

The sleep disorder breathing classification underwent several reformulations and changes. A systematic review of PS was conducted to obtain an inventory of current practices. A cut-off  $<5$  Apnoea/Hypopnoea events per hour (AHI) was used in 69% of selected papers containing a definition or reference to a definition, with cut-offs ranged from 0 to  $<15/h$ .

PS as a phenomenon without medical consequences requires a shift of snoring as an indication of pathologies towards a cause of psychoacoustical nuisance and relational aspects of the snorer. To investigate PS, a notion of 'perceptual snoring' has been introduced and explored. It presented itself with a high reliability, Fleiss' Kappa ( $>0.80$ ) for classification into noise, snore, and breath and a Pearson correlation of duration of indicated events  $>0.90$  between raters. Remarkable is the presence of inspiration (88.3% of events) and expiration (96.8%) making a characterization through acoustical features not straightforward.

When attempting to explore the scientific evidence on the benefit of mandibular advancement devices (MADs) with respect to snoring, outcomes improved in all the reported patient populations (PS, OSAS, and SBD). Snoring should be treated from a preventive and psychosocial perspective to avoid progression to more severe diseases that could have a significant medical and economic impact. Home registration of medical symptoms have to be developed in order to be able to sample the target population and incorporate aspects of the setting and bed partner.

## Curriculum Vitae

De Meyer Miche(line) Myriam Dora  
Born: Ghent, 13/2/1956; Married to Thierry Van Meenen, no children

### Expertise in clinics and research

Orofacial Pain and Dysfunctions and Movement Disorders (Head and Neck Dystonia)

Dental Therapy for Rhonchopathy and Obstructive Sleep Apnea (dentist-dormologist)

1982-2007 Private Practice in Dentistry and Consultant Orofacial Dysfunctions and Pain

2007-2021 Assistant and Senior Head of Clinic, Dentistry- Special Care, Ghent University Hospital Ghent

2021- Clinical Director, Unit Orofacial Dysfunctions and Pain (OSAS, TMD, Dystonia) AZ Jan Palfijn Ghent  
CEO MoreDynamicMedicine®

### Studies

1974 High School-Latin Sciences, St-Bavo-Humaniora, Ghent

1982 Master in Dental Sciences, Ghent University

1989 Certificate to Agogics (short type), Social and Pedagogical Sciences (HoGhent).

2004 Belgian Sleep Medicine Course (Belgian Association for Study of Sleep)

2005 Dental Sleep Medicine Course (EdeSA)

2008 Diploma Doctoral School, Ghent University

2021 PhD in Dentistry, VUB (Vrije Universiteit Brussel)

### Academic functions

Scientific coworker, University Hospital Brussels, Jette (Dept. Pneumology/Sleep Medicine)

Scientific coworker, Dept. Orofacial Dysfunctions, U Nijmegen, Netherlands

Academic consultant and scientific coworker, Dept. Textile engineering, Ghent University

Visiting Professor, School for Dentistry, U Concepcion, Chile

Lector, REVAKI, Ghent University