Stanford



Audrey Yoon, DDS

Clinical Professor, Psychiatry and Behavioral Sciences - Sleep Medicine

CLINICAL OFFICE (PRIMARY)

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Bio

BIO

Dr. Yoon is a double board-certified sleep specialist with the Stanford Health Care Sleep Medicine Center. She is currently a Clinical Professor in the Division of Sleep Medicine in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine.

She uses her extensive orthodontic experience to diagnose and treat obstructive sleep apnea (OSA) in children and adults. Dr. Yoon specializes in surgical and non-surgical OSA treatments, such as miniscrew-assisted rapid palatal expansion (MARPE), distraction osteogenesis maxillary expansion (DOME), and maxillomandibular advancement (MMA). These procedures restructure the palate, nasal airway, or jaw to improve airflow.

Her research interests include modifying head and face growth to improve sleep-disordered breathing in children and creating customized appliances that help reshape bones in the mouth, jaw, and face over time. She has also studied genetic anatomical factors related to OSA. Dr. Yoon worked with Stanford Medicine researchers to develop a new DOME technique, and she established and proposed a surgery-first approach protocol for MMA. With this approach, doctors surgically reposition the jaw before starting orthodontic treatment. The surgery-first approach can reduce the amount of time patients need to undergo orthodontic treatment.

Dr. Yoon has published in many peer-reviewed journals, including Sleep, Sleep Medicine, the American Journal of Orthodontics and Dentofacial Orthopedics, and the American Academy of Pediatric Dentistry, and she has written numerous book chapters. She has presented to her colleagues all over the nation and the world, including those in Germany, Italy, Australia, Chile, Singapore and China. Her presentations have covered a range of topics, such as the latest techniques in craniofacial (head and face) growth modification.

Dr. Yoon is a founding co-president of the World Dentofacial Sleep Society. She established a dental sleep medicine specialty clinic in the Division of Sleep Medicine at Stanford University School of Medicine. She also established the Dental Sleep Medicine Clinic at the University of the Pacific and is currently a program director of the Pacific Ortho-Dental Sleep Medicine Fellowship Program. Dr. Yoon also serves on the board of directors for the California Sleep Society, Angle Orthodontists, and the Korean Association of Dental Sleep Medicine.

She is a diplomate of the American Board of Orthodontics and the American Board of Dental Sleep Medicine.

CLINICAL FOCUS

- Orthodontics
- Oral appliance for snoring and sleep apnea
- Full scope of dental sleep medicine
- Growth modification from infant to adolescent
- Rapid Palatal Expansion (RPE), Miniscrew-Assisted Rapid Palatal Expansion (MARPE), Distraction Osteogenesis Maxillary Expansion (DOME)
- Surgical Orthodontics for Sleep Apnea
- Surgical set up for Maxillomandibular Advancement (MMA)
- orthodontic work in conjunction with sleep surgery

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences - Sleep Medicine

HONORS AND AWARDS

- 2025 Korea's 100 Greatest Korean, The Korea Press Reporters Association and Federation of Journalists (Dec 11, 2025)
- UCLA Fundamental Clinical Research Training Grant, T32 Short-Term Training Program, National Institutes of Health (NIH)
- UCLA Award, Academy of Esthetic Dentistry , UCLA School of Dentistry
- UCLA Award, Section of Biomaterials, University of California, Los Angeles (UCLA) School of Dentistry
- Southern California’s Top Dentist, Los Angeles Magazine
- Rising Star Researcher Award, Academy of Applied Myofunctional Sciences
- Excellent Poster Presentation Award, Korean Association of Orthodontists

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Board of Directors, The Edward Angle Society of Orthodontists/ Northen California (2024 - present)
- Board of Directors, California Sleep Society (2023 - present)
- Program Director, Dental Sleep Medicine Fellowship, University of Pacific (2023 - present)
- President, World Dentofacial Sleep Society (2022 - present)
- Diplomate, The American Board of Orthodontics (2019 - present)
- Diplomate, The American Board of Dental Sleep Medicine (2019 - present)
- International Board of Directors, The Korean Association of Dental Sleep Medicine (2019 - present)
- Co-Program Director, Pediatric Dental Sleep Medicine Mini-Residency, Tufts University (2018 - 2023)

PROFESSIONAL EDUCATION

- Board Certification: Orthodontics, American Board of Orthodontics (2020)
- Board Certification, The American Board of Dental Sleep Medcine , Dental Sleep Medicine (2020)
- Board Certification, The American Board of Orthodontics
- Residency: UCLA Orthodontics Residency (2008) CA
- Residency, UCLA Pediatric Dentistry Residency , Pediatric Dentistry (2008)
- MS, UCLA Oral Biology , Obstructive Sleep Apnea (2008)

- Doctor of Dental Surgery, UCLA School of Dentistry (2004)
- Doctor of Dental Surgery, Seoul National Universtiy (2000)

LINKS

- www.draudreyyoon.com: www.draudreyyoon.com
- www.smilesbydryoon.com: www.smilesbydryoon.com

Research & Scholarship

RESEARCH INTERESTS

- Adolescence
- Brain and Learning Sciences
- Child Development
- Early Childhood

Publications

PUBLICATIONS

- **Facial Patterns and Obstructive Sleep Apnea in Children Seeking for Orthodontic Treatment: Data From 3671 Polysomnographic Recordings.** *Orthodontics & craniofacial research*
  Mahony, D., Bhattarai, N., Simona, C., Rosaria, B., Borbély, P., Petocz, P., Yoon, A., Kárpáti, K.
  2025
- **Screening sleep-disordered breathing (SDB) in the everyday dental office - Pediatric and adult patients** *SEMINARS IN ORTHODONTICS*
  Oh, H., Arab, M., Kim, E. Y., Vaughan, M., Park, J., Yoon, A.
  2025; 31 (4): 490-503
- **Surgical management of obstructive sleep apnea: A collaborative approach to a multidisciplinary disease** *SEMINARS IN ORTHODONTICS*
  Huang, A., Yip, F., Kim, E. Y., Yoon, A.
  2025; 31 (4): 509-519
- **Treatment outcomes of 3D-printed custom and conventional mini-implant assisted rapid palatal expanders (MARPE).** *Progress in orthodontics*
  Sharma, Y., Suh, H., Bianchi, J., Yoon, A., Oh, H.
  2025; 26 (1): 30
- **Long-term mandibular advancement appliance therapy for obstructive sleep apnea Adherence and outcomes over 10 years** *JOURNAL OF THE AMERICAN DENTAL ASSOCIATION*
  Abruzzi, C., Yoon, A., Faber, J.
  2025; 156 (5): 390-397
- **Management of Paediatric Obstructive Sleep Apnoea: From a Multidisciplinary to an Interdisciplinary Care Model.** *Orthodontics & craniofacial research*
  Arab, M., El Ansari, Y. S., Pelayo, R., Yoon, A.
  2025
- **Screening sleep-disordered breathing (SDB) in the everyday dental office – Pediatric and adult patients** *Seminars in Orthodontics*
  Oh, H., Arab, M., Kim, E., Vaughan, M., Park, J., Yoon, A.
  2025; 31 (4): p490-503
- **Craniofacial phenotyping of pediatric sleep-disordered breathing: orthodontic management, timing, and treatment approaches** *JOURNAL OF CLINICAL PEDIATRIC DENTISTRY*
  Kim, K., Jeong, H., Kim, S., Yoon, A.
  2025; 50 (1): 1-10

- **Orthodontics & overall health: A unified approach to patient care** *Seminars in Orthodontics*
  Flores-Mir, C., Yoon, A.
  2025; 31 (4): 445-447

- **Surgical management of obstructive sleep apnea: A collaborative approach to a multidisciplinary disease** *Seminars in Orthodontics*
  Huang, A., Yip, F., Kim, E., Yoon, A.
  2025; 31 (4): 509-519

- **Evaluation of nasal septum deviation via reformatted computed tomography (CT) imaging following expansion using RPE and MARPE.** *Journal of the World federation of orthodontists*
  Schron, D., Ran-Sukkawala, M., Pereira, E., Zhang, Y., Hwang, N., Chang, I., Lindquist, K., Williams, R., Peng, J., Nedjat-Haiem, M., Kang, K., Hong, C., Yoon, et al
  2024

- **Craniofacial anatomical determinants of pediatric sleep-disordered breathing: A comprehensive review.** *Journal of prosthodontics : official journal of the American College of Prosthodontists*
  Kim, K. A., Kim, S. J., Yoon, A.
  2024

- **A Roadmap of Craniofacial Growth Modification for Children with Sleep Disordered Breathing: A Multidisciplinary Proposal.** *Sleep*
  Yoon, A., Gozal, D., Kushida, C., Pelayo, R., Liu, S., Faldu, J., Hong, C.
  2023

- **What changes in maxillary morphology from distraction osteogenesis maxillary expansion (DOME) correlate with subjective and objective OSA measures?** *Sleep & breathing = Schlaf & Atmung*
  Yoon, A., Kim, T. K., Abdelwahab, M., Nguyen, M., Suh, H. Y., Park, J., Oh, H., Pirelli, P., Liu, S. Y.
  2023

- **Impact of rapid palatal expansion on the size of adenoids and tonsils in children.** *Sleep medicine*
  Yoon, A., Abdelwahab, M., Bockow, R., Vakili, A., Lovell, K., Chang, I., Ganguly, R., Liu, S. Y., Kushida, C., Hong, C.
  2022; 92: 96-102

- **A Minimally Invasive Nasal Endoscopic Approach to Distraction Osteogenesis Maxillary Expansion to Restore Nasal Breathing for Adults with Narrow Maxilla.** *Facial plastic surgery & aesthetic medicine*
  Liu, S. Y., Ibrahim, B., Abdelwahab, M., Chou, C., Capasso, R., Yoon, A.
  2022

- **An Update on the Utilization of 2D and Cone Beam Computed Tomography Imaging in Orthodontics** *California Dental Association Journal*
  Yoon, A., Park, L., Park, J.
  2022; 50 (9): 541-550

- **Determinants of Sleep-Disordered Breathing During the Mixed Dentition: Development of a Functional Airway Evaluation Screening Tool (FAIREST-6).** *Pediatric dentistry*
  Oh, J. S., Zaghi, S., Peterson, C., Law, C. S., Silva, D., Yoon, A. J.
  2021; 43 (4): 262-272

- **Determinants of Sleep-Disordered Breathing During the Mixed Dentition: Development of a Functional Airway Evaluation Screening Tool (FAIREST-6)** *PEDIATRIC DENTISTRY*
  Oh, J. S., Zaghi, S., Peterson, C., Law, C. S., Silva, D., Yoon, A. J.
  2021; 43 (4): 262-+

- **Assessment of posterior tongue mobility using lingual-palatal suction: Progress towards a functional definition of ankyloglossia** *JOURNAL OF ORAL REHABILITATION*
  Zaghi, S., Shamtoob, S., Peterson, C., Christianson, L., Valcu-Pinkerton, S., Peeran, Z., Fung, B., Ng, D., Jagomagi, T., Archambault, N., O'Connor, B., Winslow, K., Lano, et al
  2021; 48 (6): 692-700

- **Determinants of probable sleep bruxism in a pediatric mixed dentition population: a multivariate analysis of mouth vs. nasal breathing, tongue mobility, and tonsil size** *SLEEP MEDICINE*
  Oh, J. S., Zaghi, S., Ghodousi, N., Peterson, C., Silva, D., Lavigne, G. J., Yoon, A. J.
  2021; 77: 7-13

- **Impact of rapid palatal expansion on the internal nasal valve and obstructive nasal symptoms in children** *SLEEP AND BREATHING*
  Yoon, A., Abdelwahab, M., Liu, S., Oh, J., Suh, H., Trieu, M., Kang, K., Silva, D.
  2020

- **How does distraction osteogenesis maxillary expansion (DOME) reduce severity of obstructive sleep apnea?** *Sleep & breathing = Schlaf & Atmung*
  Iwasaki, T., Yoon, A., Guilleminault, C., Yamasaki, Y., Liu, S. Y.
  2019

- **Distraction Osteogenesis Maxillary Expansion (DOME) for adult obstructive sleep apnea patients with narrow maxilla and nasal floor.** *Sleep medicine*
  Yoon, A., Guilleminault, C., Zaghi, S., Liu, S. Y.
  2019

- **Impact of Distraction Osteogenesis Maxillary Expansion on the Internal Nasal Valve in Obstructive Sleep Apnea.** *Otolaryngology--head and neck surgery : official journal of American Academy of Otolaryngology-Head and Neck Surgery*
  Abdelwahab, M., Yoon, A., Okland, T., Poomkonsarn, S., Gouveia, C., Liu, S. Y.
  2019: 194599819842808

- **Toward a functional definition of ankyloglossia: validating current grading scales for lingual frenulum length and tongue mobility in 1052 subjects.** *Sleep & breathing = Schlaf & Atmung*
  Yoon, A., Zaghi, S., Weitzman, R., Ha, S., Law, C. S., Guilleminault, C., Liu, S. Y.
  2017

- **Distraction Osteogenesis Maxillary Expansion (DOME) for Adult Obstructive Sleep Apnea Patients with High Arched Palate.** *Otolaryngology--head and neck surgery : official journal of American Academy of Otolaryngology-Head and Neck Surgery*
  Liu, S. Y., Guilleminault, C. n., Huon, L. K., Yoon, A. n.
  2017; 157 (2): 345–48

- **Ankyloglossia as a risk factor for maxillary hypoplasia and soft palate elongation: A functional - morphological study.** *Orthodontics & craniofacial research*
  Yoon, A. J., Zaghi, S. n., Ha, S. n., Law, C. S., Guilleminault, C. n., Liu, S. Y.
  2017; 20 (4): 237–44

- **Perinatal intermittent hypoxia alters gamma-aminobutyric acid: a receptor levels in rat cerebellum** *INTERNATIONAL JOURNAL OF DEVELOPMENTAL NEUROSCIENCE*
  Pae, E., Yoon, A. J., Ahuja, B., Lau, G. W., Nguyen, D. D., Kim, Y., Harper, R. M.
  2011; 29 (8): 819-826

- **Orthodontics & overall health: A unified approach to patient care** *SEMINARS IN ORTHODONTICS*
  Flores-Mir, C., Yoon, A. J.
  2025; 31 (4): 445-447

- **In response to the Letter to the Editor regarding "A roadmap of craniofacial growth modification for children with sleep-disordered breathing: a multidisciplinary proposal".** *Sleep*
  Yoon, A., Gozal, D., Pelayo, R., Kushida, C., Liu, S., Hong, C.
  2023

- **Distraction Osteogenesis Maxillary Expansion (DOME) and Surgically Facilitated Orthodontic Therapy (SFOT) for Naso- maxillary Expansion in Obstructive Sleep Apnea(OSA)** *Surgically Facilitated Orthodontic Therapy: An Interdisciplinary Approach*
  Yoon, A., Phi, L., Liu, S.
  Springer.2023; 1: Part III 211-216

- **Feasibility of Distraction Osteogenesis Maxillary Expansion (DOME) in patients with persistent nasal obstruction after septoplasty.** *International forum of allergy & rhinology*
  Liu, S. Y., Yoon, A., Abdelwahab, M., Yu, M. S.
  1800

- **Rééducation myofonctionnelle orofaciale et prise en charge multidisciplinaire des troubles respiratoires obstructifs du sommeil: Un entretien avec Lichuan Chuang, Michèle Hervy-Auboiron, Yu-Shu Huang, Esther Mandelbaum Gonçalves Bianchini, Carlos O'Connor Reina, Audrey Yoon** *Revue d Orthopédie Dento-Faciale*

Bianchini, E., Chuang, L., Hervy-Auboiron, M., Huang, Y., Vaher, H., Yoon, A., Amat, P.
2021: 477-499

- **Clinical Signs of Sleep-Disordered Breathing in Children with Disabilities** *EP magazine*
  Yoon, A., Phi, L., Park, J., Oh, H., Perlman, S., Wong, A.
  2021
- **Mini-screw Assisted Maxillary Expansion Techniques for Treatment of Obstructive Sleep Apnea** *Management of Obstructive Sleep Apnea: An Evidence-Based, Multidisciplinary Textbook*
  Yoon, A., et al
  Springer.2021; 1: 299-304
- **Correcting Maxillary Molar Root Angulation with the Biocreative System.** *Journal of clinical orthodontics : JCO*
  Yoon, A., Noh, M. K., Moon, H. W., Chung, K. R., Kim, S. H.
  2020; 53 (10): 588-601
- **Lingual frenuloplasty with myofunctional therapy: Exploring safety and efficacy in 348 cases.** *Laryngoscope investigative otolaryngology*
  Zaghi, S., Valcu-Pinkerton, S., Jabara, M., Norouz-Knutsen, L., Govardhan, C., Moeller, J., Sinkus, V., Thorsen, R. S., Downing, V., Camacho, M., Yoon, A., Hang, W. M., Hockel, et al
  2019; 4 (5): 489-496
- **Lingual frenuloplasty with myofunctional therapy: Exploring safety and efficacy in 348 cases** *LARYNGOSCOPE INVESTIGATIVE OTOLARYNGOLOGY*
  Zaghi, S., Valcu-Pinkerton, S., Jabara, M., Norouz-Knutsen, L., Govardhan, C., Moeller, J., Sinkus, V., Thorsen, R. S., Downing, V., Camacho, M., Yoon, A., Hang, W. M., Hockel, et al
  2019
- **Impact of Distraction Osteogenesis Maxillary Expansion on the Internal Nasal Valve in Obstructive Sleep Apnea** *OTOLARYNGOLOGY-HEAD AND NECK SURGERY*
  Abdelwahab, M., Yoon, A., Okland, T., Poomkonsarn, S., Gouveia, C., Liu, S.
  2019; 161 (2): 362–67
- **Optimizing mandibular sagittal split of large maxillomandibular advancements for obstructive sleep apnea: patient and surgical factors.** *Clinical oral investigations*
  Chen, Y. F., Ko, E. C., Zaghi, S., Yoon, A., Williams, R., Riley, R., Liu, S. Y.
  2019
- **Surgery in Adults** *CURRENT CONCEPTS OF SLEEP APNEA SURGERY*
  Blumen, M., Sommer, U., Verse, T., Hamans, E., Liu, S., Guilleminault, C., Yoon, A., Verse, T., DeVries, N.
  2019: 147–258
- **Chapter 12. Distraction Osteogenesis Maxillary Expansion** *Current concepts of sleep surgery. A surgical guide for sleep surgeons.*
  Liu, S., Yoon, A.
  2019; 1
- **Chapter 9. Sleep-Disordered Breathing- Expansion Technique for adult obstructive sleep apnea (OSA) patients: Distraction Osteogenesis Maxillary Expansion (DOME)** *New Trends in Myofunctional Therapy: Occlusion, Muscles and Posture*
  Yoon, A.
  2019
- **Ankyloglossia. Online Chapter 26** *Pediatric Dentistry: Infancy to Adolescence.*
  Yoon, A.
  2018; 6
- **Chapter 59. Distraction Osteogenesis Maxillary Expansion (DOME) for Adult Obstructive Sleep Apnea Patients** *Sleep Apnea and Snoring: Surgical and Non-Surgical Therapy*
  Liu, S., Guilleminault, C., Yoon, A.
  2018; 2
- **Efficacy of Maxillomandibular Advancement Examined with Drug-Induced Sleep Endoscopy and Computational Fluid Dynamics Airflow Modeling.** *Otolaryngology--head and neck surgery : official journal of American Academy of Otolaryngology-Head and Neck Surgery*

Liu, S. Y., Huon, L., Iwasaki, T., Yoon, A., Riley, R., Powell, N., Torre, C., Capasso, R.
2016; 154 (1): 189-195

- **Efficacy of Maxillomandibular Advancement Examined with Drug-Induced Sleep Endoscopy and Computational Fluid Dynamics Airflow Modeling** *OTOLARYNGOLOGY-HEAD AND NECK SURGERY*
  Liu, S. Y., Huon, L., Iwasaki, T., Yoon, A., Riley, R., Powell, N., Torre, C., Capasso, R.
  2016; 154 (1): 189-195