

Mouth Taping and Sleep

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*****This presentation is based on the Buteyko technique and the Seattle Protocol, as Taught by Dr. Frank Spear, DDS, MSD**

Reviewing the Rationale

Mouth breathing leads to altered jaw development, bite issues, production of oxidative stress biomarkers, and future TMJ pain

Nasal breathing reduces oxidative stress so healing may occur during sleep

Mouth breathing inhales more turbulent air, which makes the airway system collapsible and leads to 2.5x increase in upper airway resistance during sleep

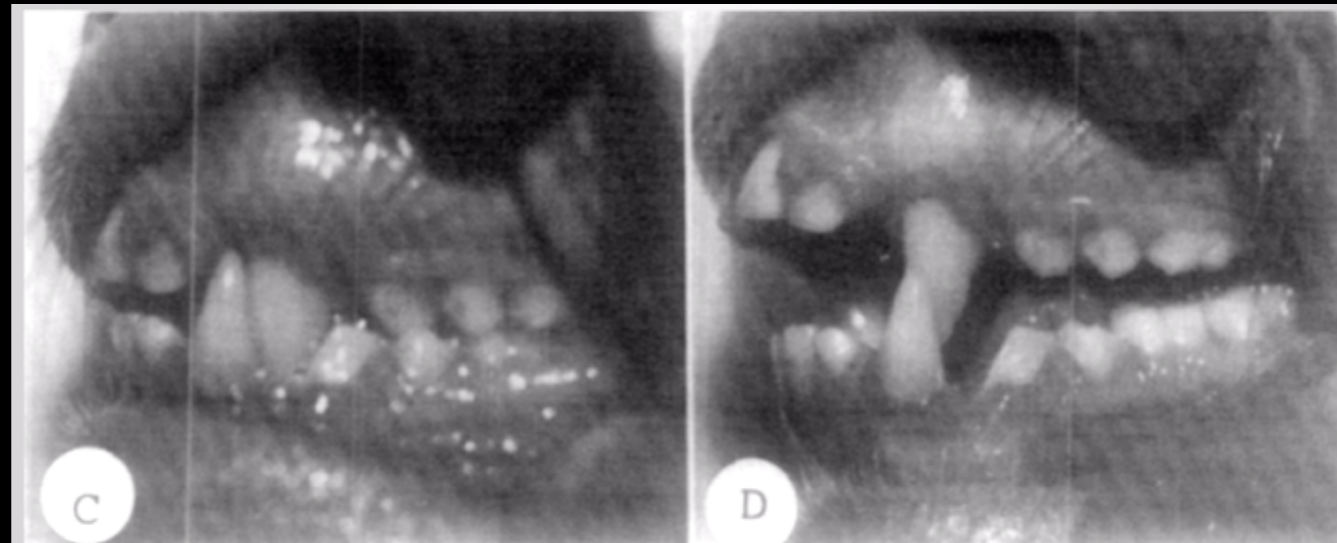
Nasal air flow receptors maintain muscle tone in the oropharynx

Mouth breathers are more likely to report Obstructive Sleep Apnea (AHI 43+/-6 vs 1.5 +/-0.5)

Nasal breathing reduces nasal obstruction, improves sleep efficiency and increases REM sleep

As we already mentioned in “The Breath and Facial Growth,” mouth breathing also affects the way our face develops

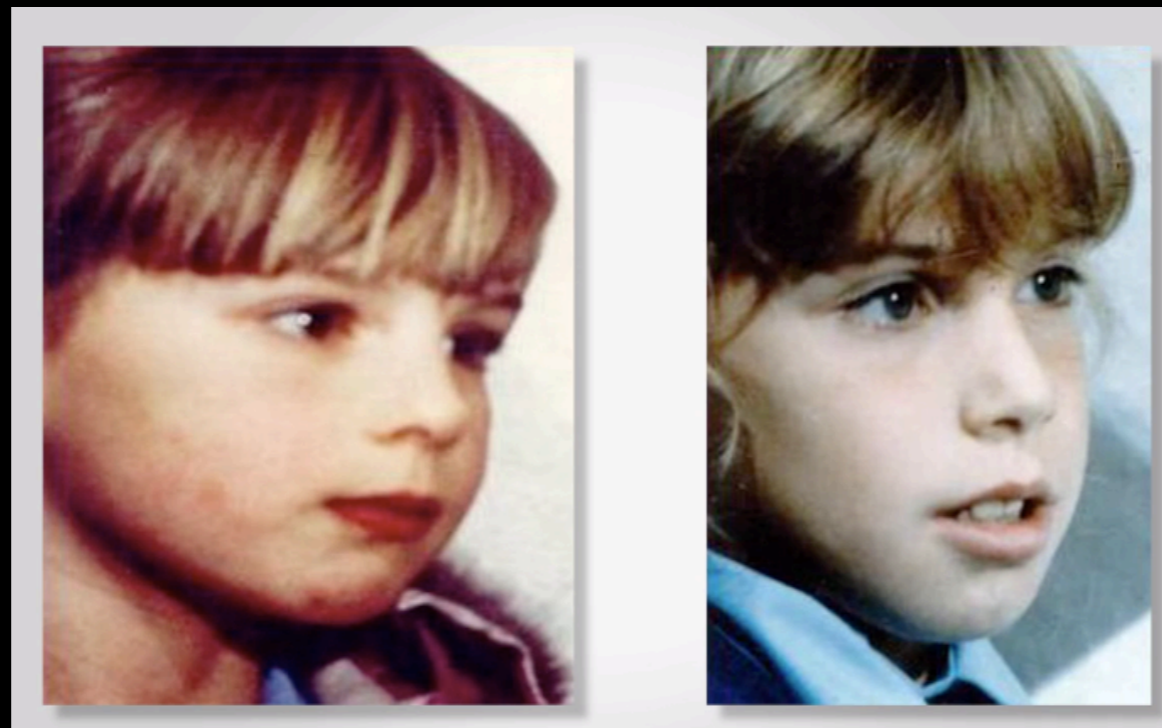
A monkey story (old experiment. Poor monkey!)



Some human stories



This boy got a gerbil. Apparently, he was allergic



This girl got a puppy. She was also allergic

**How can we assure we breathe
through our nose if we are asleep?**

Preparing the nose

Depending on level of congestion, may need one or all techniques:

1. Blow your nose, one nostril at a time
2. Use a Neti pot or NeilMed Sinus rinse bottle
3. Spray Xlear nasal spray into each nostril (made with naturally occurring xylitol, which is a surfactant with anti fungal and antimicrobial properties. May be used 5x/day)



https://www.amazon.com/XLEAR-All-Natural-Saline-Xylitol-Moisturizing/dp/B00XW9QC58/ref=sr_1_4?crd=2ZT4JKWOLEOLZZ&keywords=xlear+nasal+spray+with+xylitol&qid=1576206638&s=hpc&prefix=clear%2Cstripbooks%2C264&sr=1-4



https://www.amazon.com/Sinus-Rinse-Extra-Large-Bottle/dp/B000U897S8/ref=sr_1_9?keywords=NeilMed+Sinus+rinse+bottle&qid=1576206684&s=hpc&sr=1-9

Still clogged? Try this

1. Take a small silent inhale and exhale through the nose
2. Pinch your nose closed and move your head up and down/ side to side as long as you can hold your breath
3. On inhaling again, use your nose only, calming your breath

Repeat x6

Still clogged? Try meds

Flonase 2x

Claritin/ Zyrtec

If these help, time to see an allergist

If these don't help, see an ENT and get a sleep study!!

FYI Using "Afrin" longterm has rebound affect and may lead to development of nasal polyps

Next, insert a nasal dilator



The Mute dilator seems to work best. It comes with a sizing guide and has a ratcheting option if one side is more deviated.

Could this work for you?

Try pulling your nostrils out and up. Does this improve your breathing? If yes, this technique should work. If not, please schedule an ENT consult and sleep study.



Next, tape your mouth



(1" Nexcare 3M Micropore Surgical Tape)

Taping Technique

1. 1 inch long piece of tape
2. Fold over edges for easy removal
3. Stick against cloth to remove some adhesive so lips don't tear
4. Tape vertically over lips

(Modification of Buteyko technique)



JAMA Facial Plast Surg. 2016 Sep 1;18(5):385-9. doi: 10.1001/jamafacial.2016.0291.

A Comparison of Over-the-Counter Mechanical Nasal Dilators: A Systematic Review.

Kiyohara N¹, Badger C¹, Tjoa T², Wong B³.

<https://www.ncbi.nlm.nih.gov/pubmed/27367589>

Nasal dilators effectively relieved internal nasal valve obstruction and may be an alternative to surgical intervention in some patients.

Is this safe for kids?

This approach is advised for kids >5 y/o:

1. Begin taping for 10 minutes at a time while child is engaged in reading/ Ipad/ movie, and build up to gradually longer times

2. Try taping during a nap when you are able to monitor the child

3. Once build up to night time use, child gets to choose where wants to sleep and with whom child wants to sleep. That person must also use mouth tape.

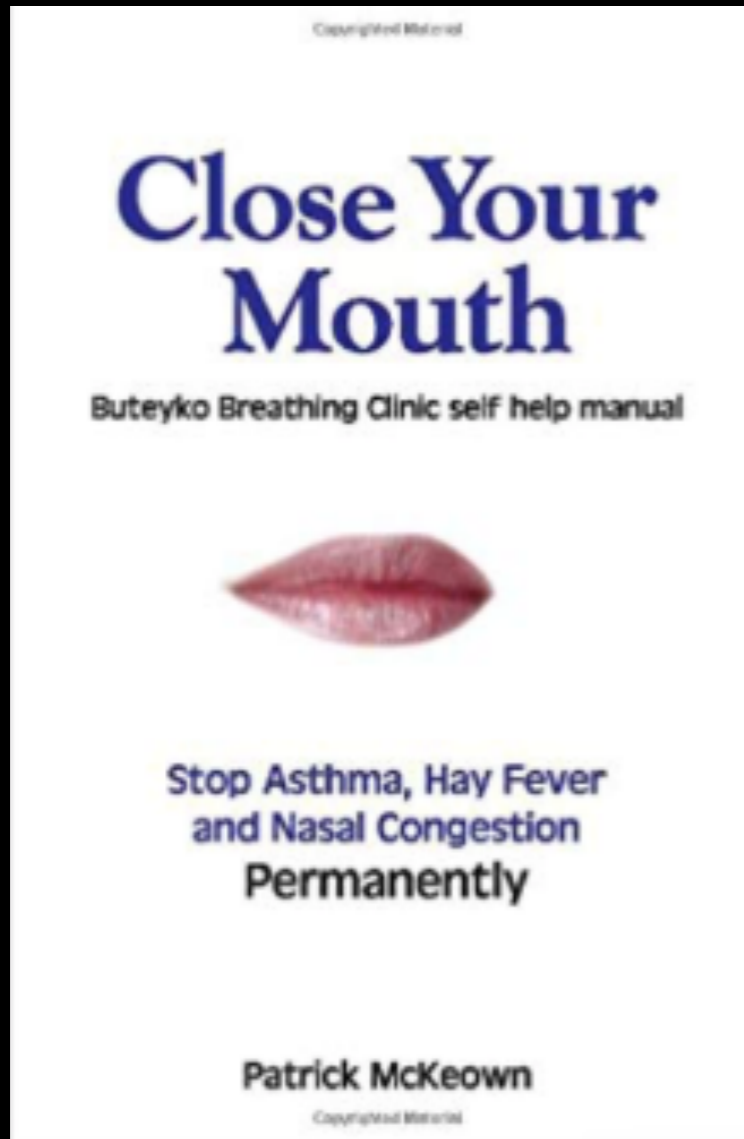
Mouth Breathing in Kids

- Reported in up to 25% of children at night
- Of night time mouth breathers, 80% mouth breathe during the day
- Goal is nasal breathing only day and night

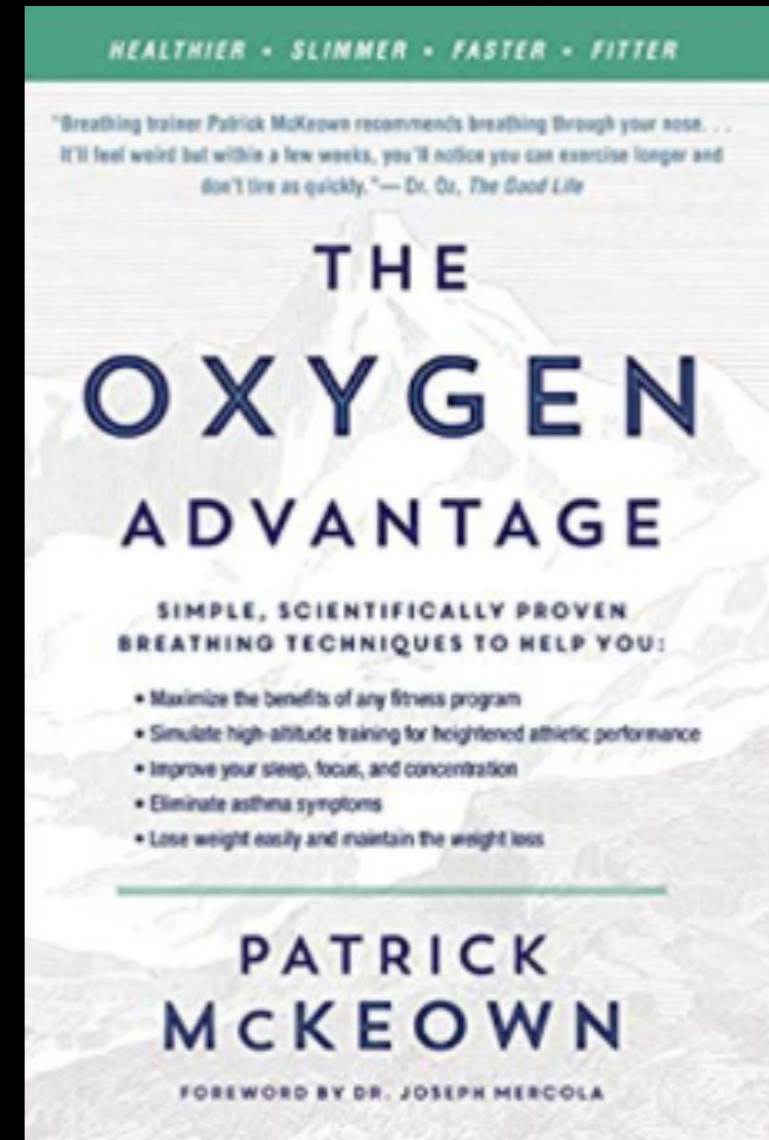
How did it go?

1. If worked well and slept great, may need Myofunctional therapy of lip/tongue muscles so may discontinue taping
2. If didn't work, see ENT/ Allergist/ Orthodontist/ get a sleep study to rule out structural blockages and sleep apnea

More Literature



https://www.amazon.com/Close-Your-Mouth-Buteyko-Handbook/dp/0954599616/ref=asc_df_0954599616/?tag=hyprod-20&linkCode=df0&hvadid=312049124368&hvpos=1o1&hvnetw=g&hvrnd=1548445646827681849&hvpon=&hvptwo=&hvqmt=&hvdev=c&hvdvcm dl=&hvlocint=&hvlocphy=9007526&hvtargid=pla-453572617830&p sc=1&tag=&ref=&adgrpid=61851652213&hvpon=&hvptwo=&hvadid=312049124368&hvpos=1o1&hvnetw=g&hvrnd=1548445646827681849&hvqmt=&hvdev=c&hvdvcm dl=&hvlocint=&hvlocphy=9007526&hvtargid=pla-453572617830



https://www.amazon.com/Oxygen-Advantage-Scientifically-Breathing-Techniques/dp/0062349473/ref=pd_sbs_14_img_0/130-9213728-0534268?_encoding=UTF8&pd_rd_i=0062349473&pd_rd_r=218cb892-f06d-475b-bfac-b20c18377047&pd_rd_w=JCRd2&pd_rd_wg=5Ytz4&pf_rd_p=5cfcfe89-300f-47d2-b1ad-a4e27203a02a&pf_rd_r=HD2V66CT06HQQJ7E0TWX&psc=1&refRID=HD2V66CT06HQQJ7E0TWX

Thank you

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