



## ***Instructions for Nighttime Nasal Breathing***

This technique is designed to be used to evaluate your ability to breathe nasally during sleep and to determine if continual nighttime nasal breathing improves your dental signs/symptoms. Our office did not invent this procedure. We are simply following the guidelines of the Buteyko Breathing Clinic as outlined on pages 99-105 of [Close Your Mouth](#) by Patrick McKeown. It is also recommended that daytime Breathing Behavior Therapy, pages 61-97, be instituted in conjunction with this protocol in an effort to reduce daily stress and breathing dysfunction.

1. Begin with Nasal Cleaning and Decongestion Protocol. Apply nasal dilator, if required.
2. Use 1" 3M Micropore Gentle Paper tape. If your skin is sensitive to the adhesive, you can try 3M Sensitive Skin Tape or generic version that typically has less adhesive. Alternately, we recommend LipSeal tape which is available at [Lipseal.com](http://Lipseal.com), Chin Up Strips at [chinupstrip.com](http://chinupstrip.com), or NexCare 1" blue colored tape for Sensitive skin.
3. You can begin to get comfortable with mouth tape by using the tape while you're awake-for 10 minutes and observe how your nasal sinuses pop open after a few minutes allowing you to breathe easily through your nose. Comfort sleeping follows comfort when you're awake. Use the tape as much as you need when you're awake for comfort.
4. Cut or tear the strips into an appropriate size for you. Use every night while sleeping unless you are sick to your stomach with a chance of vomiting.
5. Fold a tab on both sides for easy removal.
6. Tackiness of the 3M tape increases after application. To reduce this affect, apply the strip to your bed shirt once or twice before applying it to your mouth.
7. Apply either vertically or diagonally. The Buteyko Breathing Clinic recommends horizontally to improve the effect. Vertical and diagonal application allows for mouth breathing while your personal comfort increases.
8. Most people will have the best night sleep when they wear the mouth tape
9. In the morning, remove the mouth tape by gently pulling from one side. Do not rip off quickly. Wash your face with warm water to remove the adhesive residue completely.
10. If you wake and notice that the tape has been removed during multiple nights this could be a sign that you continue to over-breathe and daytime training may be required. We recommend as a starting point the fourteen day Address Stress protocol. "Address Stress" is a breathing retraining program that is provided as an app on your phone. It works effectively to begin reprogramming your disordered daytime breathing. The training exercises are meant to reduce your breathing rate and reduce your breathing volume while it resets the brainstem to proper levels of retained CO<sub>2</sub>. Try night time mouth taping again at the completion of the 14 day program.
11. Continued failure may be a sign of blocked nasal passages. Let us know and we can make an appropriate referral for you to see an ENT for an evaluation.
12. Continued snoring through the nasal passages is also a sign that additional daytime training is necessary. Work though the Address Stress follow -up app called "Breathing Well". Nasal snoring may also be a sign of nasal blockage and referral to an ENT may be indicated.



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13. Retraining your body to breathe properly at night may take at least six months. Many patients feel more comfortable with the tape then without well beyond the six months treatment time.
14. Know that your physician will be initially surprised by this concept. Buteyko mouth taping has been used in a number of studies focused on improving asthma in children. Additionally, sleep physicians have been doing this for years with chin straps as a supplement to CPAP treatment of sleep apnea. Feel free to share these medical literature references below with your MD.



### *References to share with your Physician*

Effect of addition of chin strap for PAP compliance, nightly duration of use, and other factors.  
Knowles. et al. J Clin Sleep Med 2014 April 15; 10 ((44)): 377-383

Novel Porous Oral Patches for Pts with Mild OSA and Mouth Breathing Pilot Study.  
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Towards Restoration of Continuous Nasal Breathing as Ultimate Goal in Pediatric OSA.  
Guileminault & Sullivan, Pediatrics and Neonatal Biology; 2014 Vol 1 (11) 1-6

The Nose and Sleep Disordered Breathing. White Paper: What We Know, Don't Know.  
Rappai et al, Chest 2003; 124(66): 2309-2323

Comparative study on oxidative stress role in nasal breathing impairment and OSA syndrome.  
Passali, et el. Acta Otorhinolaryngol (Italy) 2016; 36: 4490-495