

Mouth Breath



Nasal Breath

Sympathetic Nervous System - Parasympathetic Nervous System

- **Progressive continuum goes from mouth breathing → snoring → sleep apnea**
- **The tongue needs to be positioned 100% at the roof of the mouth to prevent mouth breathing. This requires strength and flexibility.**
- **Nasal breathing - tongue seal to the roof of mouth 100% turns off the sympathetic nervous system and on the parasympathetic.**
 - The nerve that runs the parasympathetic system called the vagus nerve controls the back of the throat muscle called palatoglossus that is activated when you: ohm - hmmm - gag - gargle - sing. These movements strengthen that muscle and nerve.

Snore Apps

- **SnoreGym**
 - SnoreGym is here to guide you through a series of exercises to help reduce snoring
- **SnoreLab**
 - Measure snoring

Room For Tongue

- **Orthodontics to make room for tongue to be positioned at the roof of the mouth:** side to side and front to back

Tongue Strength & Mobility

• Myofunctional therapy to improve tongue strength

- Therapist, Kimi Nishimoto - Website: <https://www.mouthmusclememory.com>
- Therapist, Amy Rondoni - Website: <https://www.myfamilyhealth.com>
 - (707) 631-1550
- Breathe Again Myo & Lactation - Kristin Jarvis - (530) 638-2000
 - Website: <http://www.breatheagainmyo.com> - Yuba City, CA 95993
- Folsom Advanced Speech Therapy - Margaret J. Crawford MS, CCC-SLP
 - (916) 790-8719 - 555 Oakdale St., Ste. F Folsom, CA 95630
 - Website: <https://www.folsomadvancedspeechtherapy.com>
- Strides In Speech - Alison Schoenfeld, MS, CCC-SLP
 - (781) 369-5633 - Website: <http://www.StridesInSpeech.com>
 - Wildhorse Community - Davis, CA 95618
 - 3200A Danville Blvd Ste. 203 Alamo, CA 94507

• Myofascial release to improve tongue mobility

- Brian Blair, (916) 546-9535 - Select Option #2, Select Option #2 again
- Wahida Sharman - (916) 802-6440 - Email: wahidasharman@gmail.com
- Osteopathic Integrative Medical Center - Diana Sepehri-Harvey, DO, MPH
 - (916) 999-5875
 - Website: <https://www.oicsacramento.com>
 - 2377 Gold Meadow Way, Ste. #288 Gold River, CA 95670
- Marie Xiloj, (Bowen Therapy) - Website: <https://www.bowenbymarie.com>
- Leno Cedros, (Bodyworker Kinnections)
 - Website: <https://www.kinnectionsinc.com>

• Possible tongue release after orthodontics to also improve tongue mobility

- Soroush Zaghi, MD - Located in Walnut Creek
- Website: <https://www.zaghimd.com>

Breath Holds ↑ CO2 Tolerance ↑ Oxygen Delivered To Body = Endurance

• Mouth Breathing = Overbreath Need to go on an air diet

• Buteyko breath holds

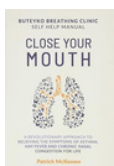
- Website: <https://buteykoclinic.com/buteykochildren/>
- Website: <https://oxygenadvantage.com>
- YouTube: Patrick McKeown, Breathing Exercises

• Whim Hof

- Website: <https://www.wimhofmethod.com/breathing-exercises>

• Mouth taping in the day/night

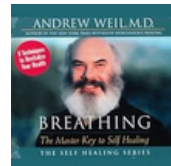
- Book: Close Your Mouth
Author: Patrick McKeown



- Book: Breath
Author: James Nestor



- Book: Breathing
Author: Andrew Weil



Face Strength

• Face yoga to strengthen the orbicularis oris to keep lips closed

- Book: The Ultimate Guide to the Face Yoga Method
Author: Fumiko Takatsu

