

## Sleep Assessment/Evaluation + Nasal Breathing:

- **Step 1 daytime: breathing through your nose during the day:**
  - Try to breathe through your nose as much as possible, and keep your tongue on the roof of your mouth with lips closed.
- **Step 1 nighttime: breathing through your nose at night:**
  - Mouth taping at night: Use paper tape, etc. See this handout for details: [https://www.therapeuticassociates.com/wp-content/uploads/2019/11/BW-Phase-1\\_A-Case-for-Nosebreathing.pdf](https://www.therapeuticassociates.com/wp-content/uploads/2019/11/BW-Phase-1_A-Case-for-Nosebreathing.pdf)
  - If you have trouble with the mouth taping due to stuffy nose, etc.: Try Xlear nasal spray especially before bed. Talk with your doctor about allergies, consider antihistamines both natural and prescription. Food allergies/high histamine foods can also play a role. Some patients need to see an ENT doctor to determine if there is more of a structural issue causing nasal congestion.
  - Sign up for Dr. Steven Park's newsletter to get his "Unstuff Your Nose" guide: <https://doctorstevenpark.com/>
  - Sleep position: determine best sleeping position for you:
    - Some people have a much easier time breathing on their side compared to their back. When on your side, you want your pillow to keep you your spine in alignment.
- **Step 2: Determine if you have sleep apnea, UARS, etc.:**
  - Talk to your doctor about seeing a sleep specialist
- **Step 3: Dental evaluation:**
  - Determine if you have an airway issue that is amenable to dental treatment such as mandibular/palate expansion, etc.
- **Step 4: Additional beneficial therapies:** myofunctional therapy or similar (breathworks program with PT, occupational therapist, etc.)