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Sleep and Breathing Tips

Disclaimer

The sleep and breathing hacks below should not be interpreted as medical advice. Consult with your primary care physician prior to beginning any therapy program. Readers are encouraged to do their own research when experimenting with biological hacking. Mr. Myo believes in a patient-centered therapy program in consultation with a multi-disciplinary team to address orofacial myofunctional disorders and their impacts on craniofacial development and overall health.

Better sleep and breathing starts with establishing a healthy pre-bedtime routine. It is not necessary to use all of these tips to improve sleep and breathing. The key to improving sleep is maintaining a regular wake and sleep time. *More sleep* is not necessarily better sleep. It is important to also optimize the *quality* of our sleep.

Sleep Hygiene

- Morning sunlight exposure
- Evening sunset viewing
- Limit Screen time before bed
- Only sleep in bed
- Earplugs
- Room temperature
- Black out curtains should remove light. Any amount of light can disturb sleep.
- Eye masks may help to increase sleep duration, especially when traveling
- Use ambient noise to help drown out other noises
- Try calming scents or essential oils
- Limit caffeine / nicotine consumption, especially in the evening
- Avoid alcohol entirely
- Don't dine late, ensure 2+ hours post evening meal sleep onset
- Use of sauna or a warm bath in the evening can help improve sleep



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Breathing Improvement

- Nasal Dilators
- Breathe Right Strips
- Consult with your doctor about prescription nasal sprays
- Xlear nasal sprays – 2-3 sprays nightly before bedtime
- Use an air purifier in the bedroom
- Clean sheets/pillow cases weekly
- Myotape
- Don't smoke
- Try breathing exercises as part of your bedtime routine

Quick / Easy Breathing Exercises for bedtime

Exercise #1: Small breath holds

1. Sit up straight. Imagine there is a string pulling you upwards from the crown of your head to the ceiling.
2. Take a normal breath in and out through the nose.
3. Pinch your nose on the exhale with your fingers to hold your breath.
4. Hold your breath for 3-5 seconds.
5. Let go of your nose and breathe normally (through the nose) for 10 seconds.

Exercise #2: Diaphragmatic breathing



1. Lay on the floor and place a book on your tummy.



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2. As you breathe in through the nose, feel the book rise. As you breathe out through the nose, feel the book fall. Imagine your belly as a balloon, expanding and deflating.
3. Do not push or pull the movements. Allow it to happen. Guide the movements with your mind. Focus on slowing down the breathing.

Practice at home for 15 minutes, once daily. It is best to practice this before bedtime.

*use a breathwork app like The Oxygen Advantage to help practice