

AIRWAY RED FLAGS



- TEETH GRINDING
- SWEATING AT NIGHT
- SNORING
- RESTLESS SLEEP
- DAYTIME SLEEPINESS
- MOUTH BREATHING/LOUD BREATHING
- GROWTH PROBLEMS-SMALL OR UNDERWEIGHT
- ADHD-LIKE SYMPTOMS
- SLEEP WALKING, NIGHT TERRORS, SLEEP PARALYSIS
- BED WETTING
- LACK OF EMOTIONAL RESILIENCE
- CROWDED TEETH

Quality sleep is critical. Many children and adults experience breathing problems during sleep (sleep disordered breathing) without even realizing it. Getting air through an unobstructed airway during sleep and while awake is necessary for a lifetime of good health. Sleep restores energy and helps physical growth and mental development. Not getting enough quality sleep can have negative consequences such as behavioral issues, poor brain development and high blood pressure.

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Nasal Breathing

Allows the lungs to get more oxygen and the nose acts as a filter to help prevent some small particles in the air from getting into the lungs. Every breath should be through the nose.

Mouth Breathing

Allows unfiltered, cold, dry air into the lungs. An open mouth can lead to distortions in how the upper and lower jaws form, crowded teeth and poor swallowing habits. Mouth Breathing can sometimes lead to gum disease or tooth decay caused by dry mouth.



AIRWAY

HEALTH

MYOFUNCTIONAL

THERAPY

WHAT

IS IT?

Myofunctional therapy re-trains the brain to muscle connection to restore normal function through a series of exercises

The four goals of Myofunctional Therapy are:

- Nasal breathing
- Lip seal
- Tongue resting along the palate
- Correct swallowing pattern

Myofunctional therapy can also be used to eliminate sucking habits in children.

When releasing tongue ties, the best results are achieved when done in conjunction with myofunctional therapy.

OROFACIAL DYSFUNCTION CAN SIGNIFICANTLY AFFECT

- Sleep quality
- Dentition
- Chewing/swallowing
- Digestive problems
- Speech
- Ear problems
- Overall mental and physical health
- Immune health
- Hormone regulation
- Facial growth
- Attention span
- Posture
- Anxiety

MOUTH BREATHING

- Activates fight or flight response
- Upper chest breathing-short and shallow breaths
- Less oxygen absorption
- Gum disease and cavities
- Altered frontal lobe structure and reduction of gray matter in the brain

BENEFITS

OF MYO

- Improved airway health
- Decreased AHI and snoring
- Reduced clenching and grinding
- Improved sleep
- Improved posture
- Reduced TMJ pain and headaches
- Support orthodontic treatment and prevent relapse
- Increase tone and mobility of oral structures
- Correct chewing and swallowing
- Optimized growth in kids

Airway health is the focus