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## Sleep and Breathing

Often nasal congestion and inflammation will show up on thermal imaging and many times the person is not aware or has no feeling of “stuffiness”.

Mouth breathing ends up happening during sleep and can cause systemic inflammation due to the loss of too much CO<sub>2</sub>. This can lead to “tubular tension” and affect the flow systems of blood, lymph, nerve and digestion. It also restricts the diaphragm and affects our ability to create nitric oxide, which is so important for overall health.

***When we breathe through the nose, we have a healthy gas exchange and better flow within all of our body's systems.***

**Here are some easy tips to improve the condition of the nasal passageways which will improve your sleep and your overall health.**

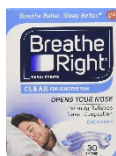
- ✓ You can download **my ebook for Sleep** and get some great ideas for using essential oils that will improve your sleep. You can find this on the Patient Resources page of my website.
- ✓ **Diffuse essential oils** an hour before bed to help open the nasal passages and clean the air. See my favorite diffuser “recipes” included in the ebook for Sleep mentioned above.
- ✓ Try a Breathe Right **nasal strip** to improve air flow through the nasal passages as you sleep. This really helps and is worth a try!
- ✓ Use a **Neti pot or Navage** to cleanse and soothe the nasal passages. The Neti Pot is easy to use in the shower. The Navage is more intense and has a vacuum effect. I like both and use both. If you try the Neti pot, use 1/8 of a teaspoon of the Pink Salt dissolved in warm, clean, filtered water. The Navage comes with saline packets.
- ✓ **Mouth taping** improves nasal breathing. It gently keeps your mouth closed while sleeping so you have the appropriate gas exchange while you sleep. If this feels strange for you, try it an hour before bed for a few nights so that you get used to the feeling.
- ✓ **MSM nasal spray** is a great way to reduce inflammation in the nasal passages and clear the sinuses. You can make your own spray by doing this: Add 1 teaspoon MSM powder to 2oz. of warm distilled water. Stir until dissolved. Pour into a glass nasal spray bottle.
- ✓ **My Sleep Quality checklist** is another great resource for turning your sleep environment into a Sleep Sanctuary. You can find this on the Patient Resources page of my website.

- ✓ **Sleep Meditation.** I have a beautiful meditation that I do right before sleep, you can download the information from the Patient Resources page. It's titled "Falling into Sleep."
- ✓ For improved **Nitric Oxide**, it is important to do a quick and easy test to see what your levels are. You can get more information from the Nitric Oxide protocol on the Patient Resources page.
- ✓ If you clench your teeth, grind your teeth, snore or mouth breathe, please contact [www.dentistryforhealthny.com](http://www.dentistryforhealthny.com) for healthy solutions.

## Support for Better Breathing & Sleep



**BREATHE RIGHT**  
**SENSITIVE SKIN (LARGE)**



**BREATHE RIGHT STRIPS**  
**SENSITIVE**  
**(SMALL/MEDIUM)**



**BREATHE RIGHT STRIPS**  
**EXTRA STRENGTH**



**DOTERRA ESSENTIAL**  
**OILS**



**GLASS NASAL SPRAY**  
**BOTTLE**



**MOUTH TAPE**



**MSM POWDER**



**NAVAGE**



**NETI POT**



**PINK SALT**

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