

Dr. Steven Parks



Restoring Breathing for a Good Night Sleep

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Disclaimer



- Educational Consultant for ErgoMedics, LLC
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 - The Breathing Center, LLC
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 - Restorative Breathing, LLC

Restoring Sleep



From a Breathing Physiology Perspective

What is half of eight ?



Half of Eight



4 0 0 m
w 3 E X

Breathing Physiology Perspective



- Normal function of living organisms and their parts.
- What is Normal???
- And how do we measure “normal”?

Breathing Physiology Perspective



Human Physiology is the science of :

- Biomechanics
- Anatomy/Physical
- Biochemical
- Bioelectric
- Functions of humans in good health, their organs, and their cells.

Why do we breathe? Of course to live!



- Humans can survive 21 days without food
- Humans can survive 21 days without water
- Neurons die after 3 minutes without oxygen
- Yes, its all about oxygen !!!!!

Breathing Physiology Perspective

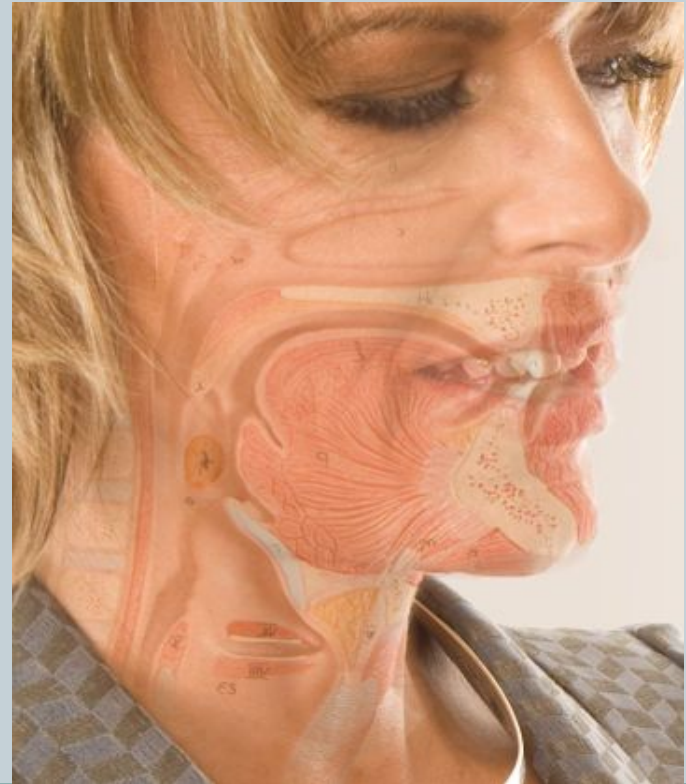


To ensure proper breathing

Airway - Establish

Breathing- Ensure

Circulation -Evaluate



Breathing Physiology Screening



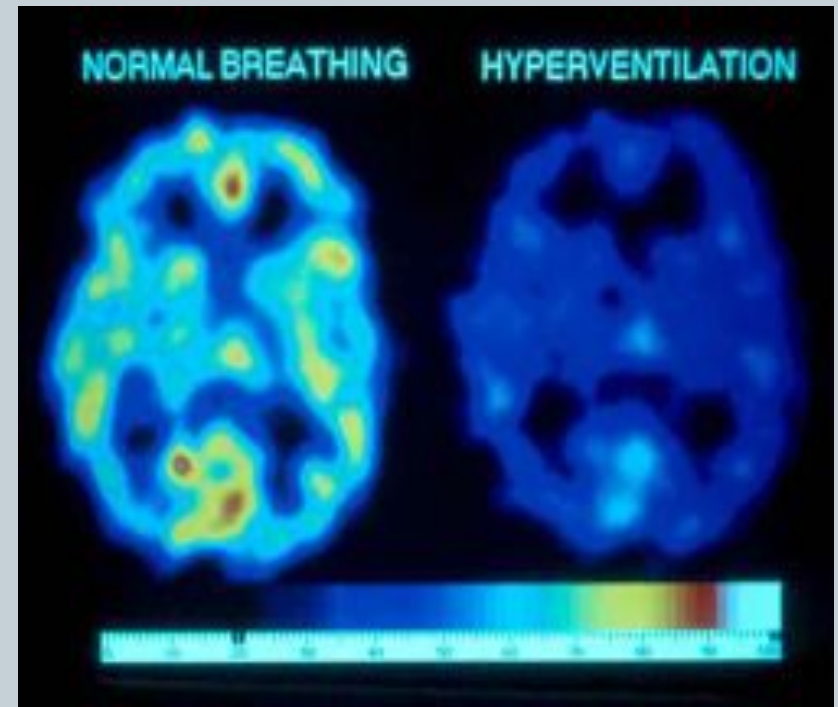
- | | | |
|--------------------------------|-----|----|
| 1) Lips together at Rest ? | Yes | No |
| 2) Oh, no facial tension? | Yes | No |
| 3) Inhale, Exhale w nose? | Yes | No |
| 4) Silent Breathing ? | Yes | No |
| 5) Neck/Shoulders are at rest? | Yes | No |

If you got all correct, you are good to go



Why does this matter?

We breathe between 20,000 to 25,000 times daily. If you mouth breathe, or over breathe (which is a rate faster than 6-8 x a minute), your brain has diminished oxygen levels and you could only be half alive !!!!



What is Dysfunctional Breathing?



Mechanics

- Lips are apart during rest and movement
- Mouth Breathing is present
- Breathing is noisy
- Breathing is irregular, sighs, gasps, holding
- Breathing requires neck or shoulder motion

What is Optimal Breathing?



Mechanics:

- Lips are together posture at rest, without strain
- Tongue is **up** touching the roof –not teeth
- Teeth are **NOT** touching - apart
- Nasal Breathing is established in all body positions
- Breathing is **Silent**
- Neck and Shoulder muscles are at rest=Diaphragm

Nasal Breathing Exercise



LOIS Breathing for one minute

- **L Lips gently together**
- **O Make an O with your mouth behind your lips, teeth APART, tongue up on the roof**
- **I Inhale and Exhale only thru your nose**
- **S Silent breathing - plug your ears to insure you can go to silent breathing**

- **Ready**

Lip Posture in all positions

Functional



Dysfunctional



Nasal Breathing/where are the lips?



Functional



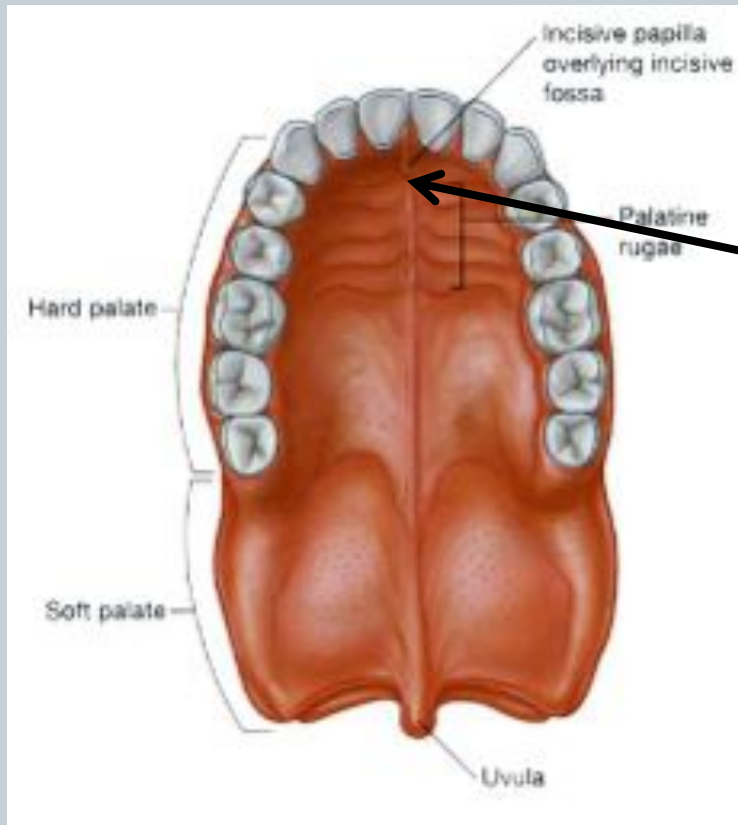
Dysfunctional



If the lips are apart, there is a leak of precious oxygen in the system !!



Top of Tongue on the SPOT



This is where the
top tip of the
tongue should rest

Teeth always apart !!!



Nasal Breathing is always natural



Have you ever seen a horse race with their mouth open ?



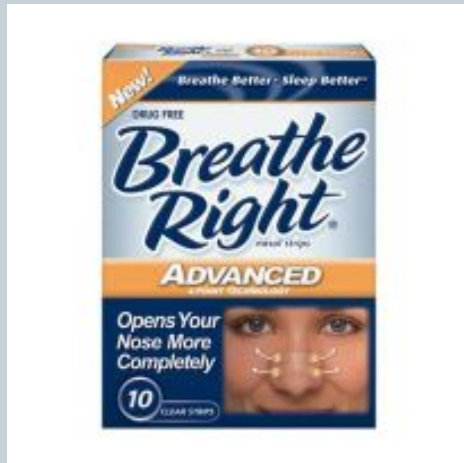
What if I can't breathe through my nose?



The NODD technique!

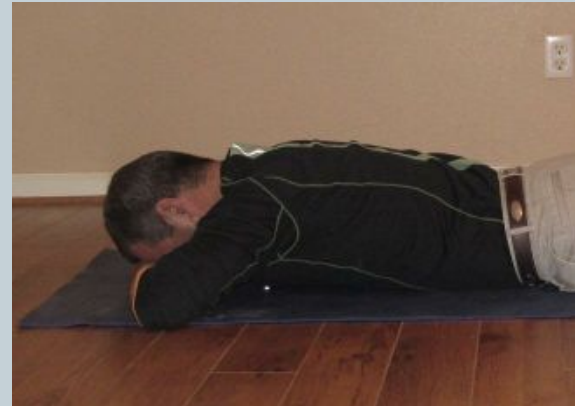


Nasal Breathing Protocol

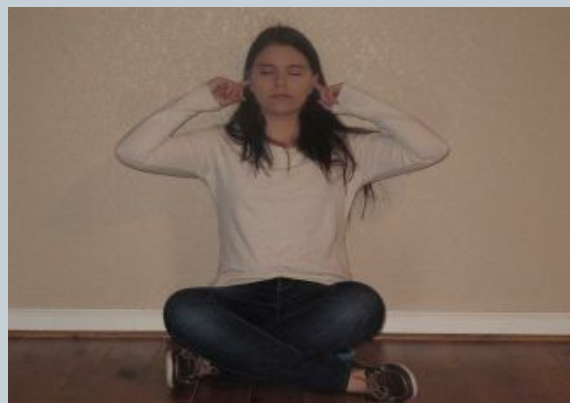


Name:										
Date:										
Nasal Breathing Home Care										
Please Bring Back @ Each Visit										
Exercise	Days	Frequ.	Time Checklist							
Xlear Nasal Spray			AM	PM	Bed	Car	Walk	TV	InEne	Other
	1	5x								
Purchase @ Sprouts	2	5x								
	3	5x								
	4	5x								
	5	5x								
	6	5x								
	7	5x								
Blow Nose w tissue	1	5x								
	2	5x								
	3	5x								
	4	5x								
	5	5x								
	6	5x								
	7	5x								
Nasal Strips	1									
Breath Right Strips @	2									
Walgreens	3									
Wal-Mart	4									
Costco	5									
	6									
	7									
Xylitol Mouth Wash Gargle	1	3x								
	2	3x								
Purchase @ Sprouts	3	3x								
	4	3x								
	5	3x								
	6	3x								
	7	3x								
Spry Toothpaste										
Purchase @ Sprouts										
The Nodd										

Nasal Breathing in all Body Positions



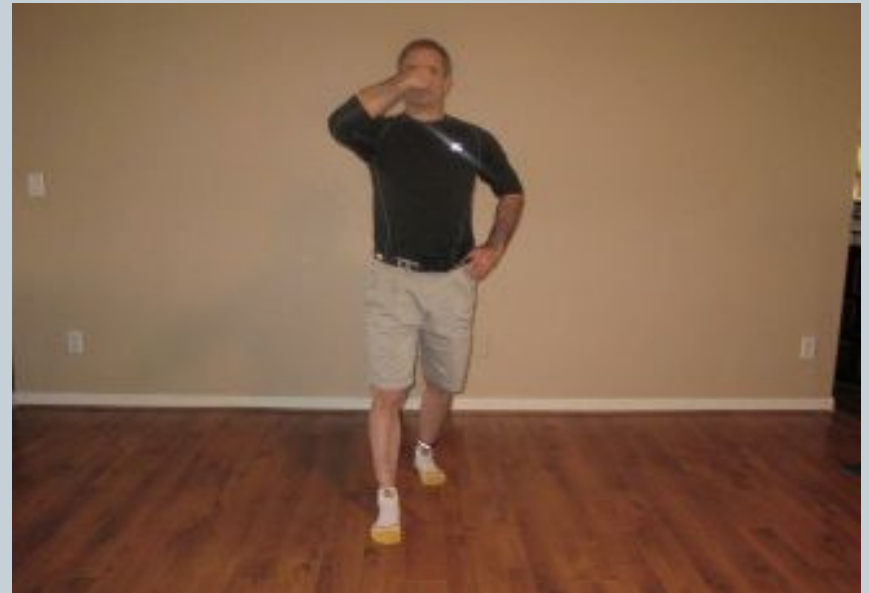
Sitting



Standing



Walking



Why Should Nasal breathing be Silent ?



Breathing should be silent.....that means the air flow is at the rate for:

1. The Size of the airway.
2. The Absorption of Oxygen :
 - To the Tissue Cells
 - To the Brain !!!!
3. Removal of waste products like CO₂.

SIZE of Airways



↑
This is a 3 mm airway the size of a coffee straw!!!!

This is a 12 mm airway!

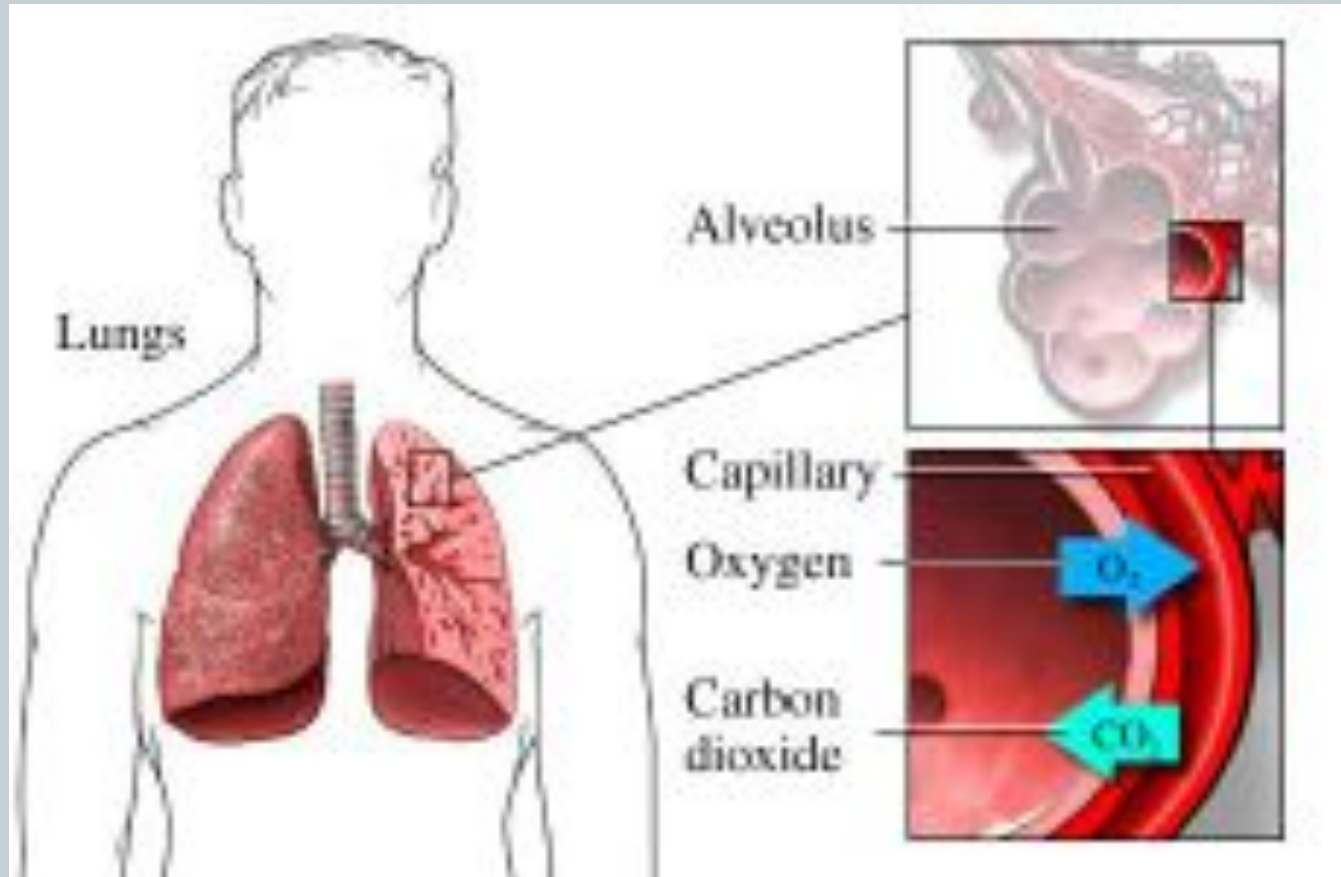


Absorption of Oxygen



- Inhalation allows the air thru the airway, to the lungs for absorption of oxygen into the blood.
- Inhalation for the count of 3.
- Exhalation allows the delivery of oxygen to the tissues and most importantly the brain.
- Exhalation for the count of 5 or ideally 6.

Inhalation Gets Air to Lung and Oxygen to Blood



Exhalation Gets Oxygen to the Brain and Muscles



Exhalation Removes Waste Gases!

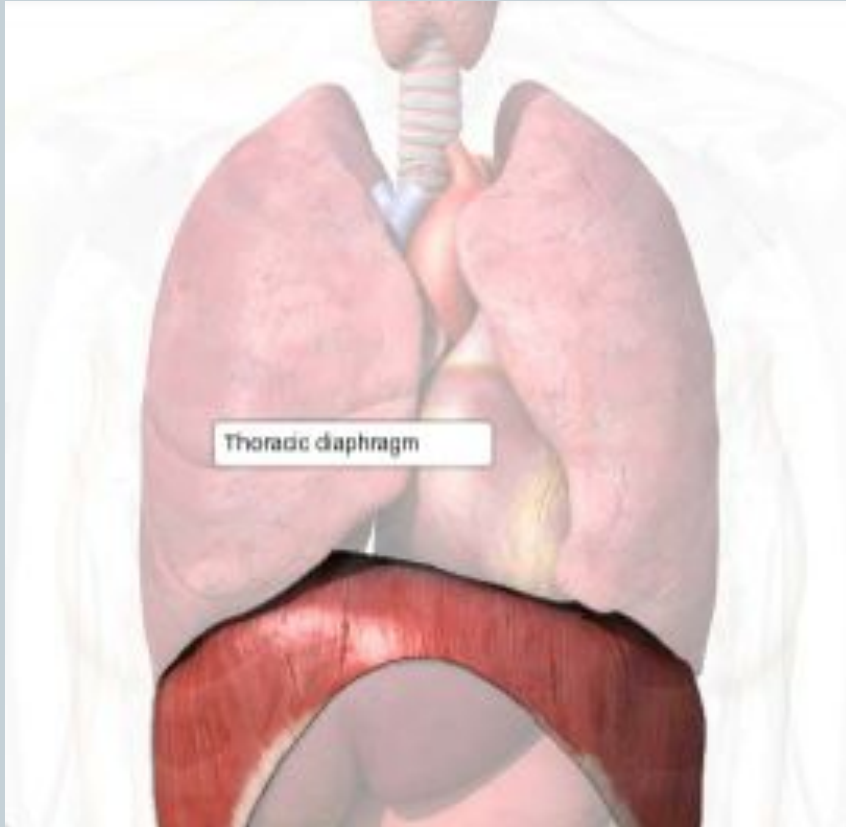


Nasal Breathing Noticing



- Notice your nasal breathing:
 - Is it quiet ?
 - Is it noisy ?
- Can you feel more air through one side of your nose?
- Does one side feel restricted ?
- Exercise - same side nose breathing

Neck & Shoulders Are At Rest.....Why ?



- The Diaphragm can work with pressure once the lips are together !
- When the Diaphragm is moving, the neck and shoulders don't have to.
- The diaphragm is the only muscle that does NOT get paralyzed during REM sleep!
- So let's exercise it !!!!!

Diaphragm Exercise



- Stand up if you can
- Make a fist with your right hand
- Place it in your left arm pit
- Squeeze your left arm while you exhale to the count of 6
- What did you notice?
- Now switch arms.

Common Symptoms of Altered Breathing



- Fatigue
- Anxiety
- Muscle dysfunction
- Inflammation
- Nasal Congestion
- Sleep Disturbances
- Metabolic Imbalances

- And many more symptoms !

Impact of Less Oxygen to the Brain



How Can I Sleep Better !!!



- Establish Nasal Breathing..... See your ENT Doctor if necessary.
- Practice LOIS Breathing for 90 minutes each day for a week, it will change your life !!!
- Practice LOIS breathing in every position you move.
- Work your diaphragm in every position you move.

If you have questions?



Feel free to
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