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# Sleep & Breathing: The 2 Keys to Optimal Health

# What I'll Cover

- Why only humans have sleep apnea
- How you can choke and die
- 5 Simple tips to breathe better and sleep better tonight



# Obstructive Sleep Apnea

- Repetitive pauses in breathing while sleeping
- Loud snoring
- Unrefreshing sleep
- MOOSE (male, older, overweight, snoring, excessive sleepiness)
- > 70 Million with OSA—90% undiagnosed



# Associated Medical Conditions

High blood pressure  
High cholesterol  
Diabetes  
Heart disease  
Heart attack  
Stroke

Depression  
Anxiety

Dementia

Liver disease  
Kidney disease

Nocturia  
Cancer  
Pregnancy related  
Preeclampsia  
Diabetes  
hypertention  
Prematurity  
Death  
ADHD

Car accidents

Chronic pain  
Weight gain

# Sleep Related Breathing Disorders

- Young, thin women (and men) that don't snore can have significant obstructive sleep apnea
- You can stop breathing 20 to 30 times every hour and not officially have OSA





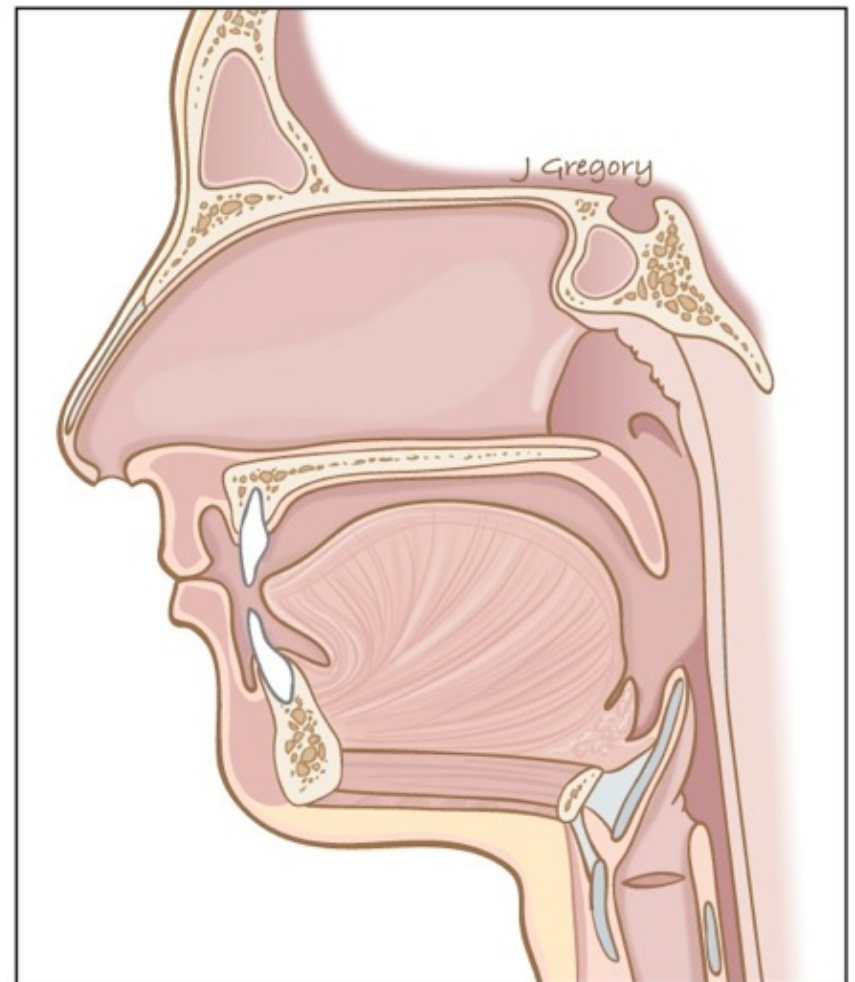
# Sleep Related Breathing Disorders

- Very common in all ages and both sexes
- OSA is not due to being overweight
- The airway keeps changing



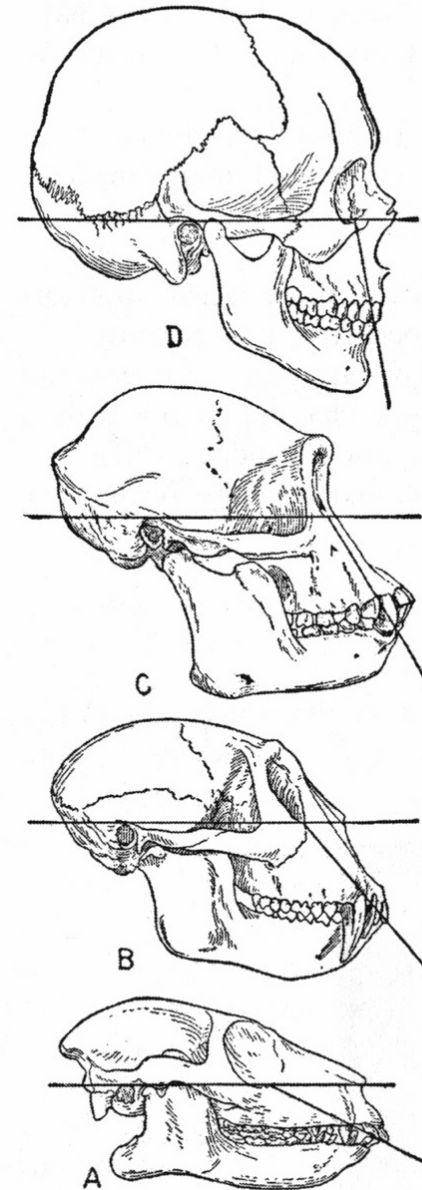
# Sleep Disordered Breathing & Evolution

- Only humans have:
  - sleep disordered breathing
  - complex speech
  - true oropharynx



# 4 Evolutionary / Anatomic Changes

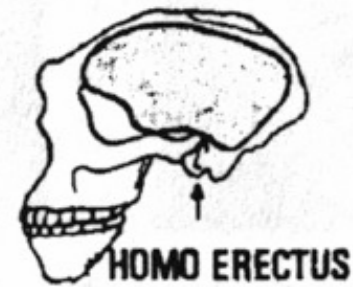
# Klinorynchy



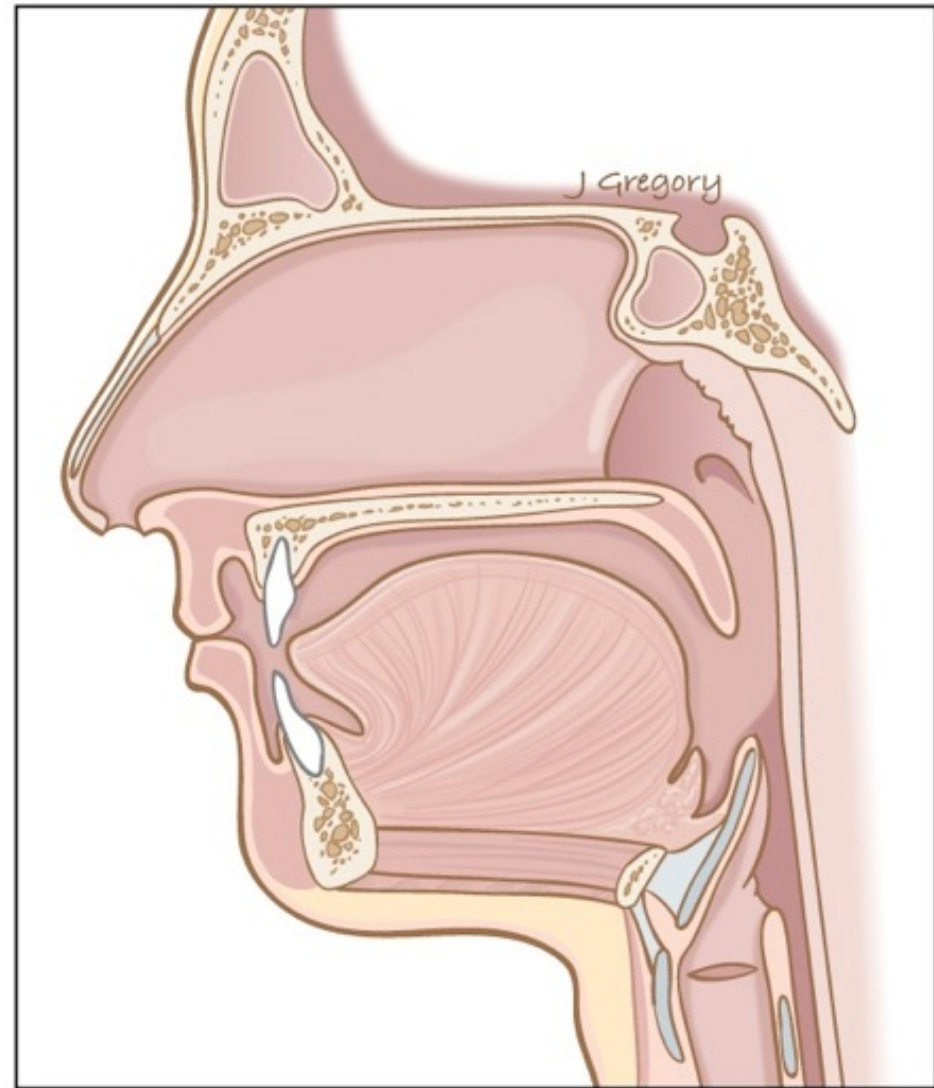
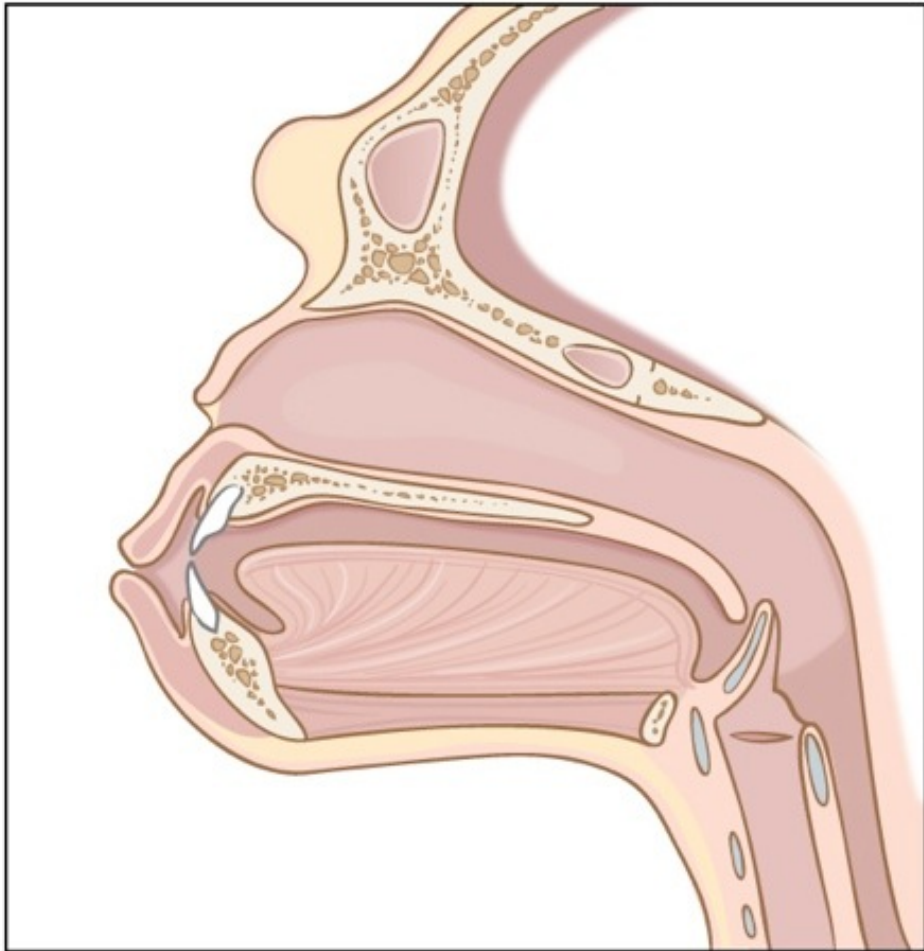
Miles AE. The evolution of dentitions in the more recent ancestors of man. *Proc R Soc Med.* 1972;65(4):396–399.



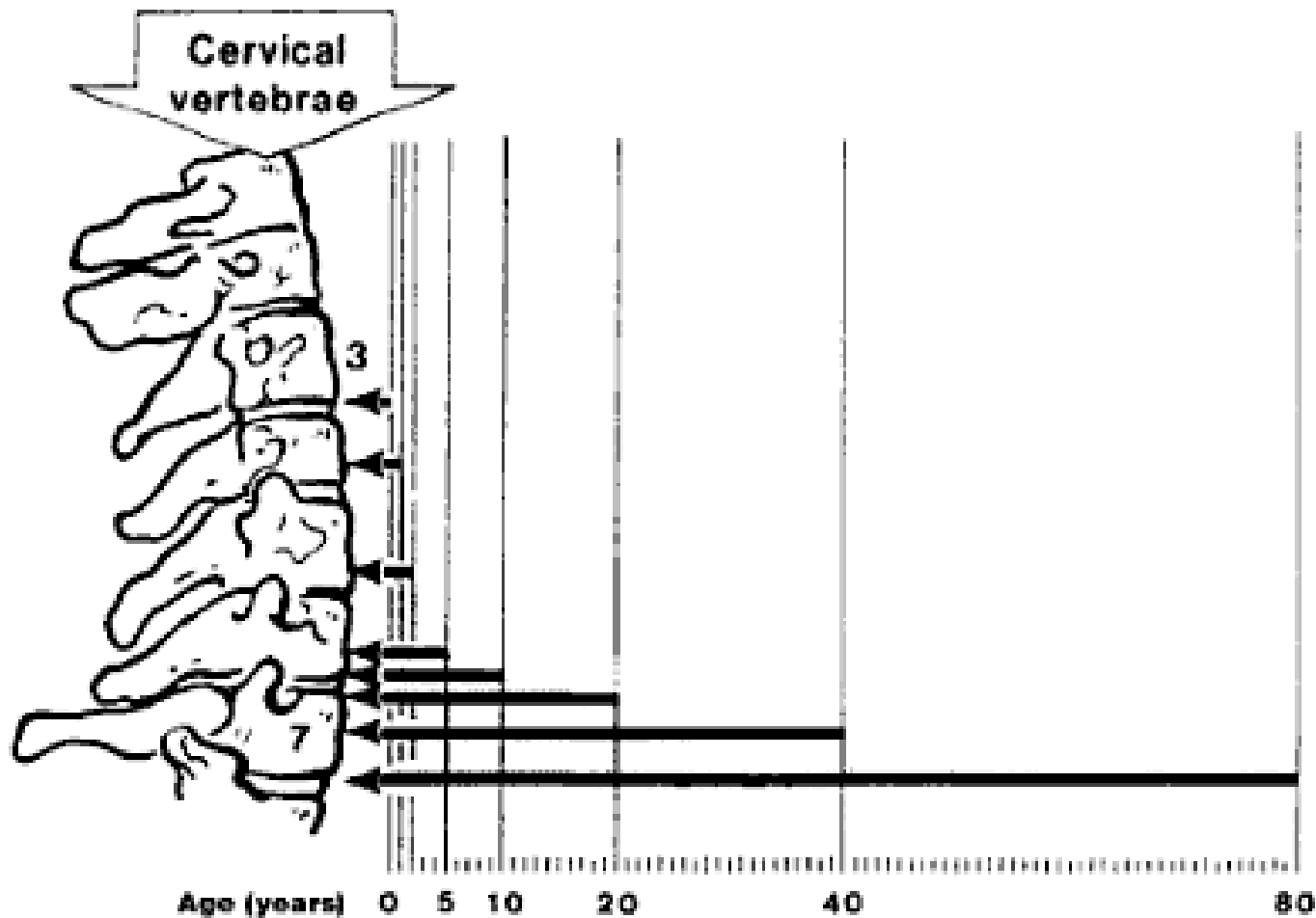
# Anterior Migration of Foramen Magnum



# Laryngeal Descent and Loss of Epiglottic - Soft Palate Lock-Up

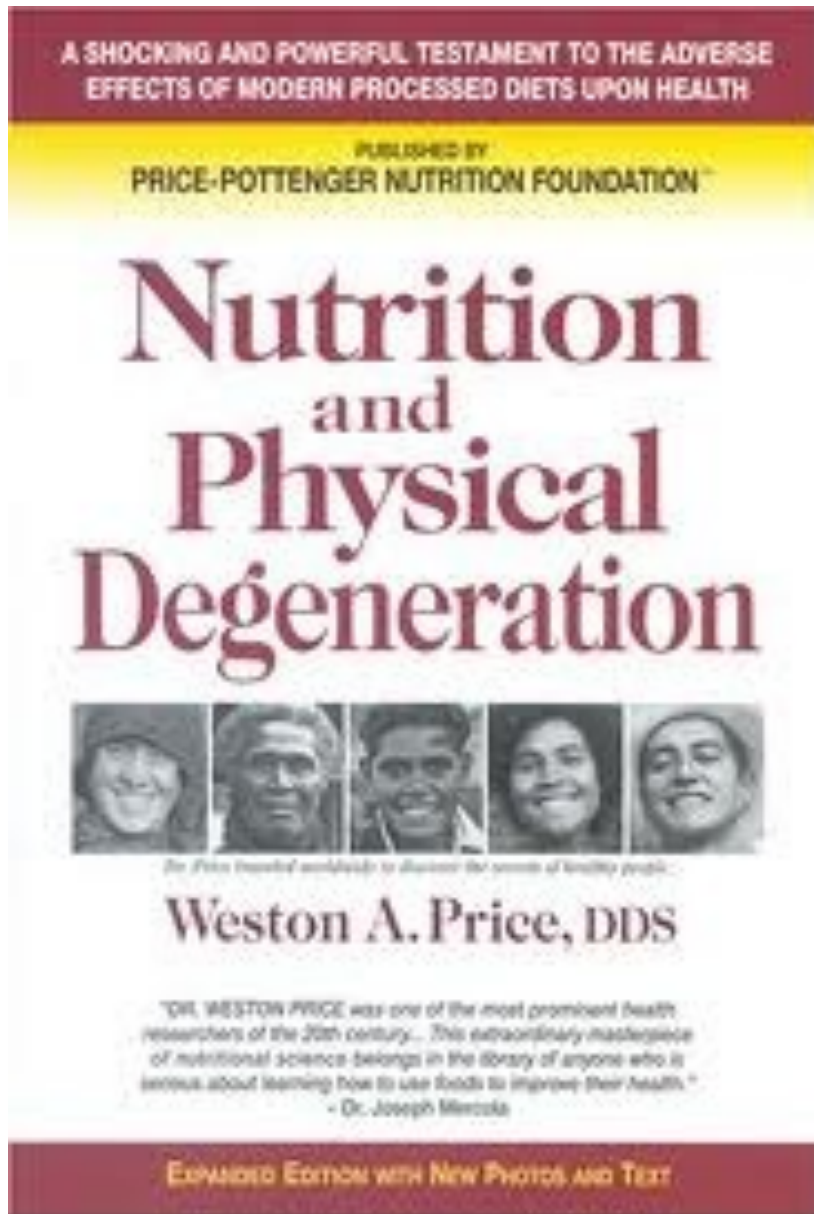


# Vertical Descent of Larynx



# 3 Dental Concepts

# Weston A. Price, DDS









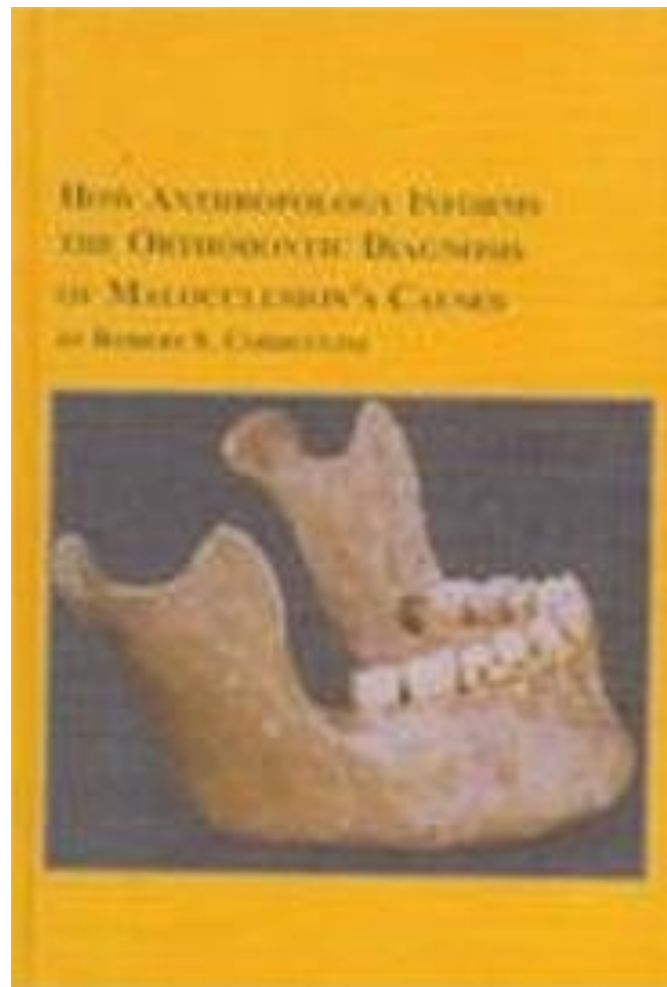






# Robert Corruccini, PhD

## How Anthropology Informs the Orthodontic Diagnosis of Malocclusion's Causes

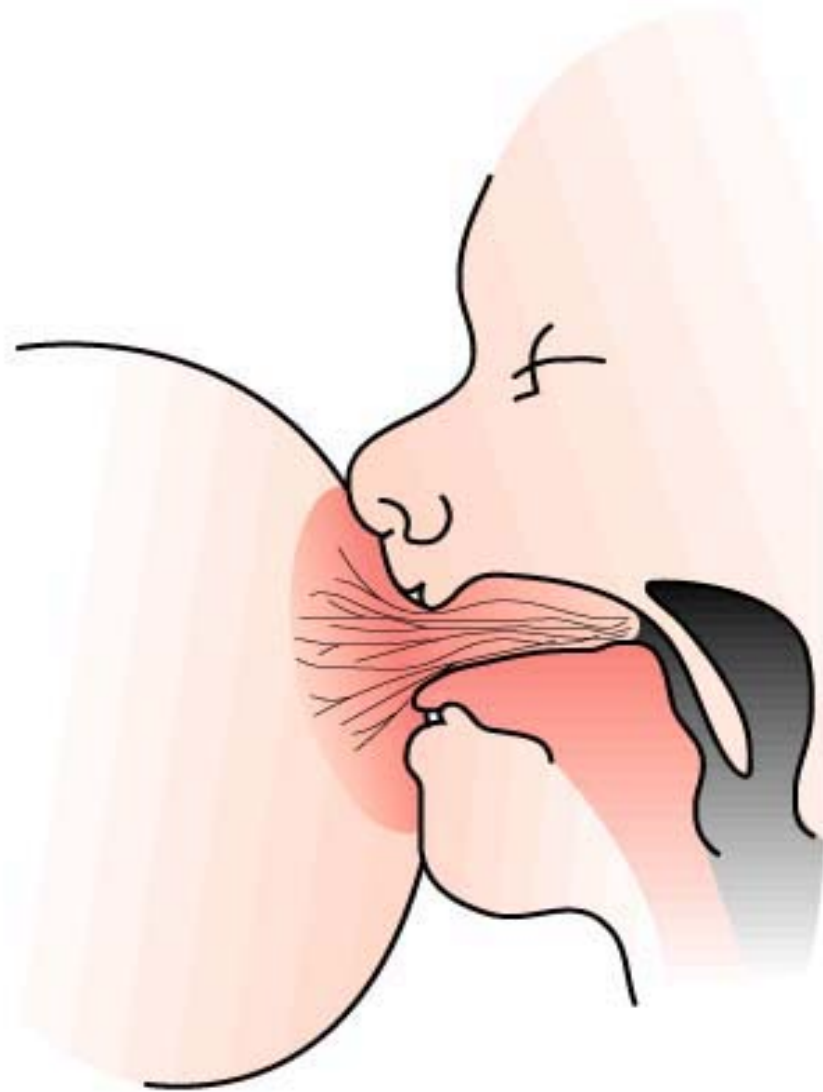


# Brian Palmer, DDS

[brianpalmerdds.com](http://brianpalmerdds.com)



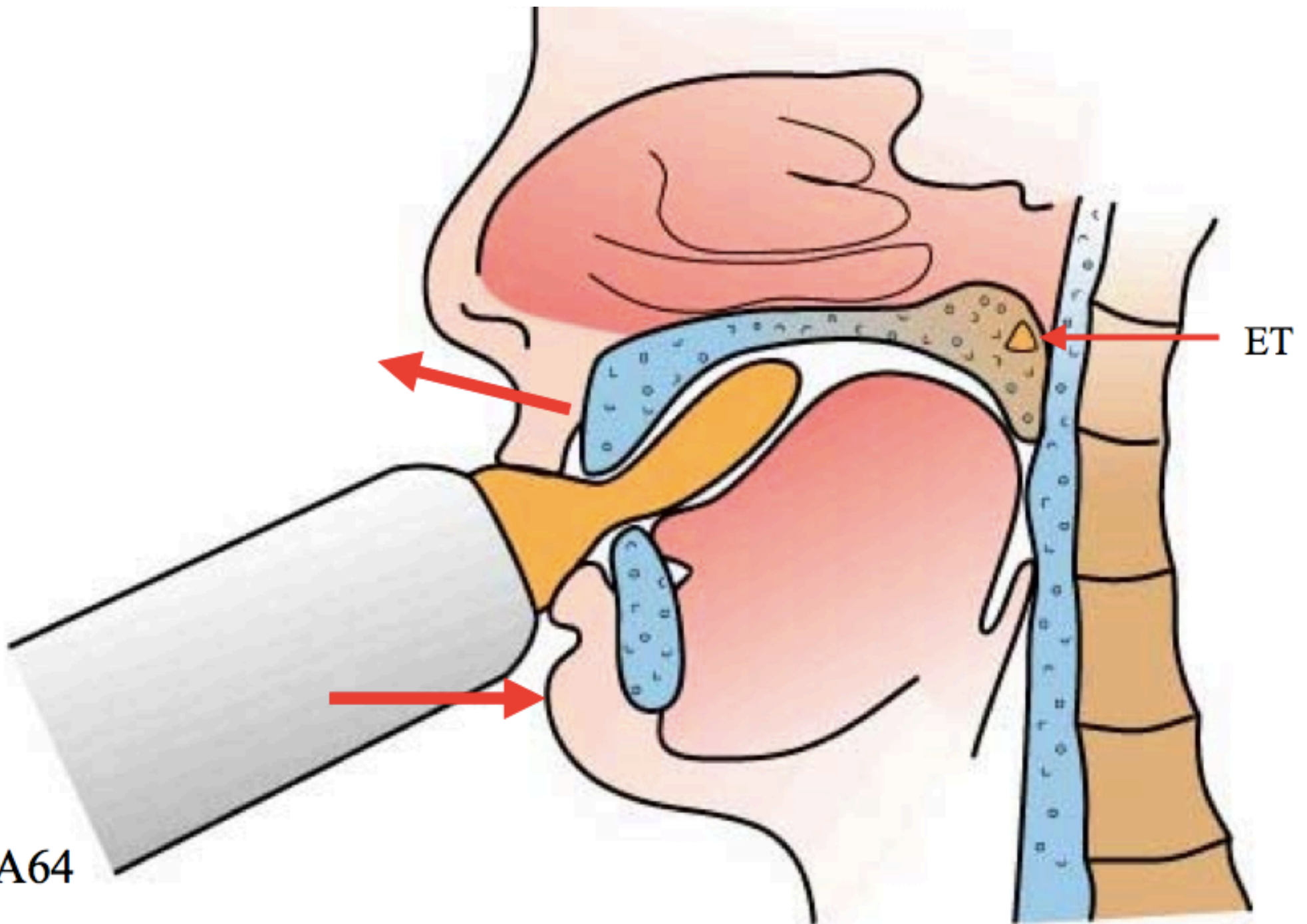
[brianpalmerdds.com](http://brianpalmerdds.com)



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**Michael Woolridge, The 'anatomy' of infant sucking.  
Midwifery, 1986, 2, 164-71.**

Demonstrates position and action of tongue during breastfeeding (Woolridge)

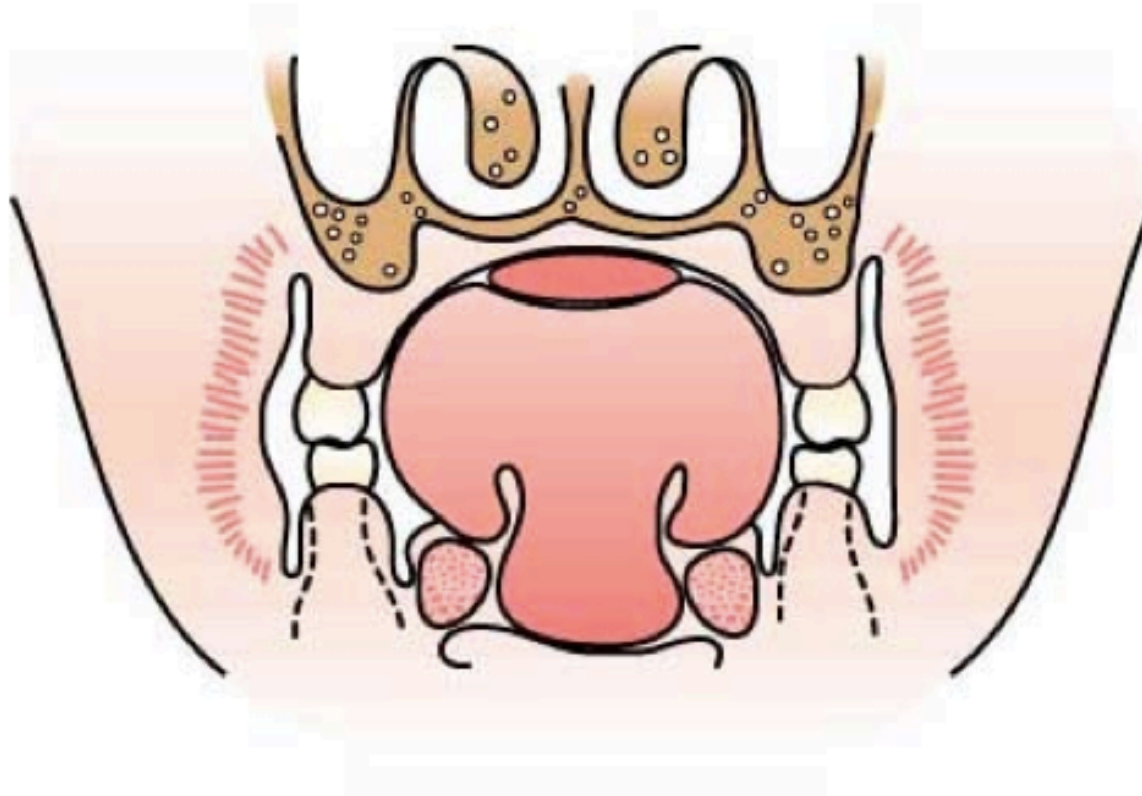


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Bottle feeding can separate the epiglottis/soft palate connection, elevate the soft palate, drive the tongue back and alter the action of tongue. 42

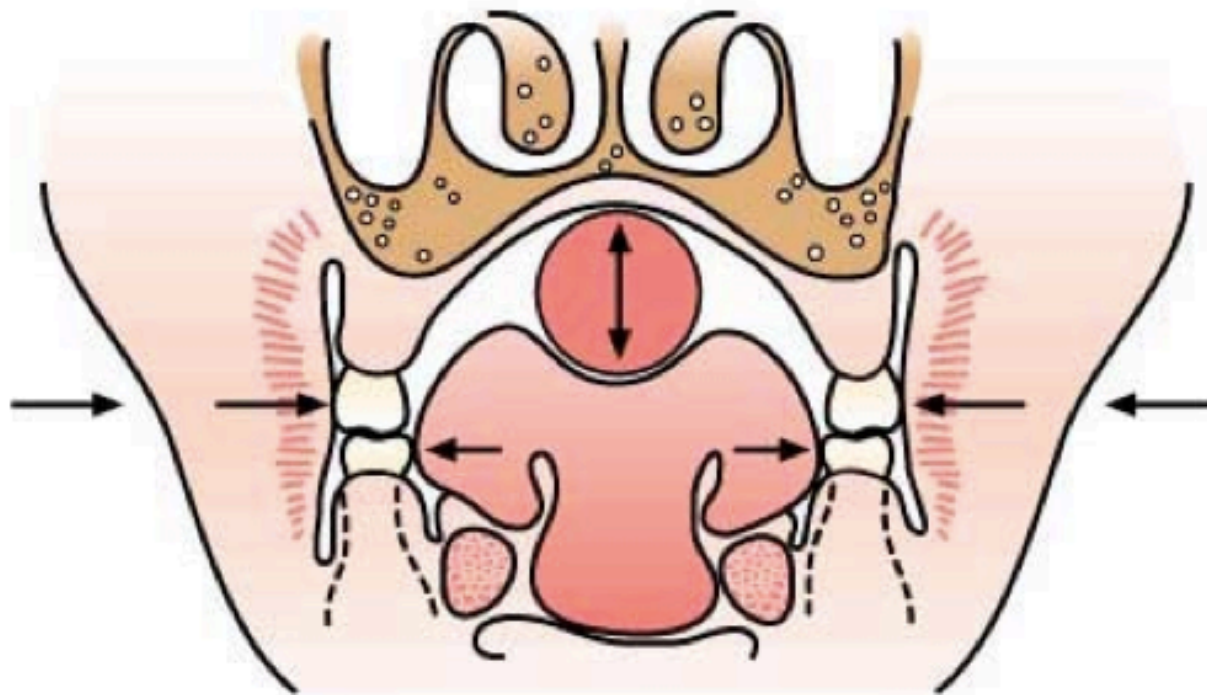


# **Tongue Position While Breastfeeding**



During breastfeeding, the breast (breast/nipple) adapts to the shape of the mouth. The peristaltic motion of the tongue during breastfeeding, presses the breast up against the palate.

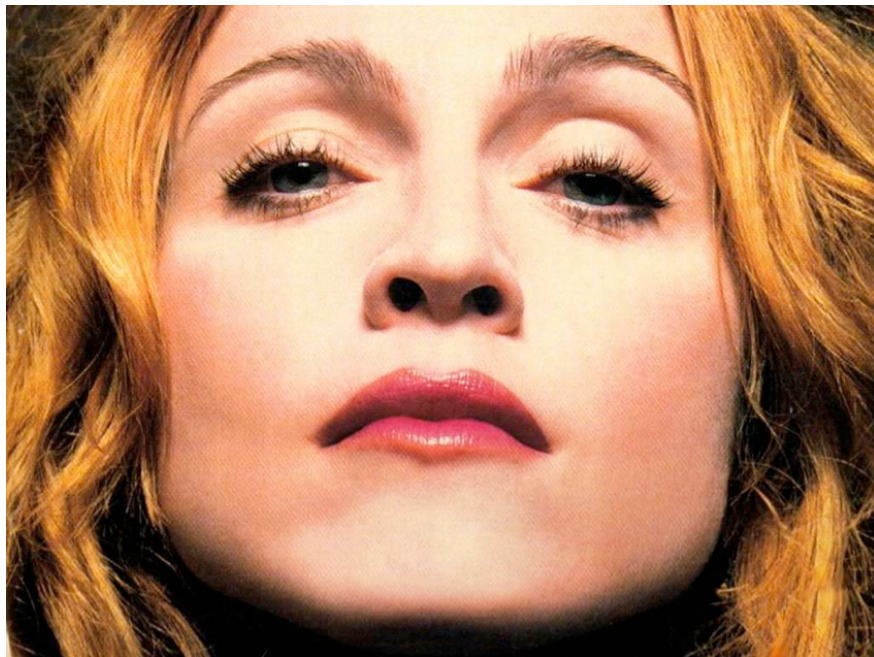
## Pacifier / Bottle Nipple



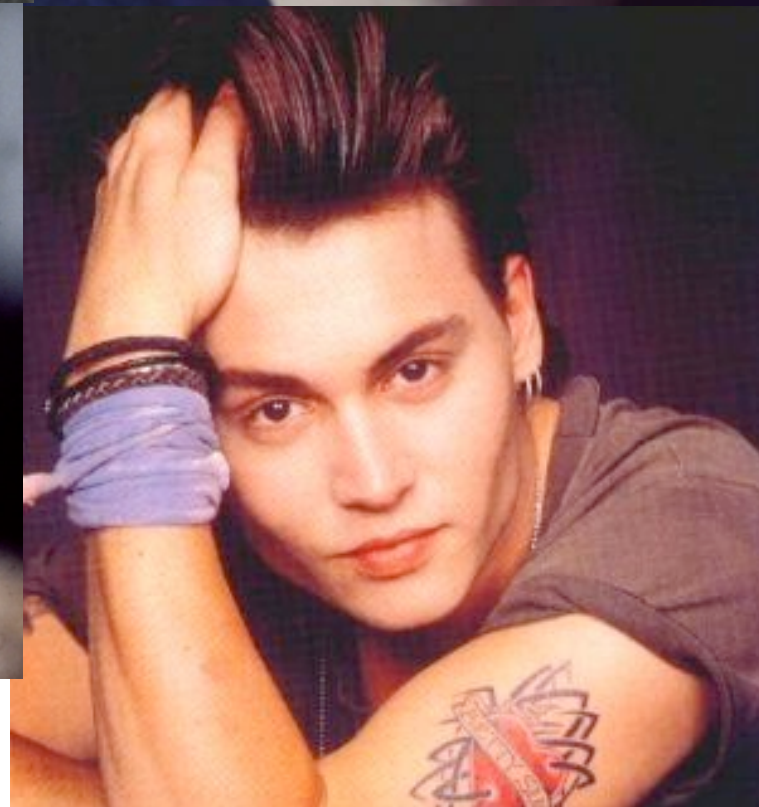
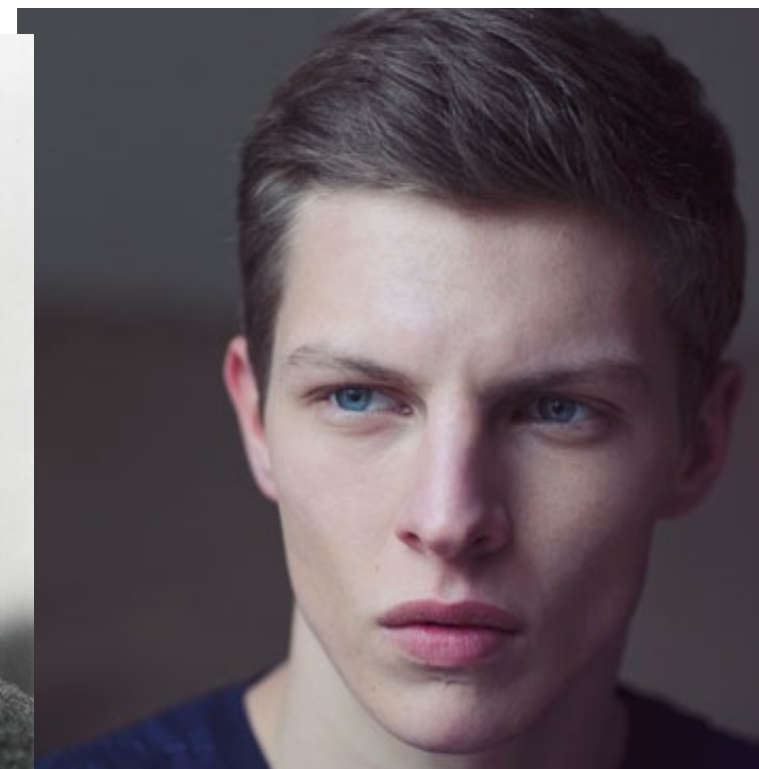
The mouth has to adjust to any object in the mouth other than the breast. The unnatural forces that can develop can impact the position of the teeth and shape of the palate. Muscle forces always win out over bone. - e.g.- teeth will be moved.

# Facial Profiling

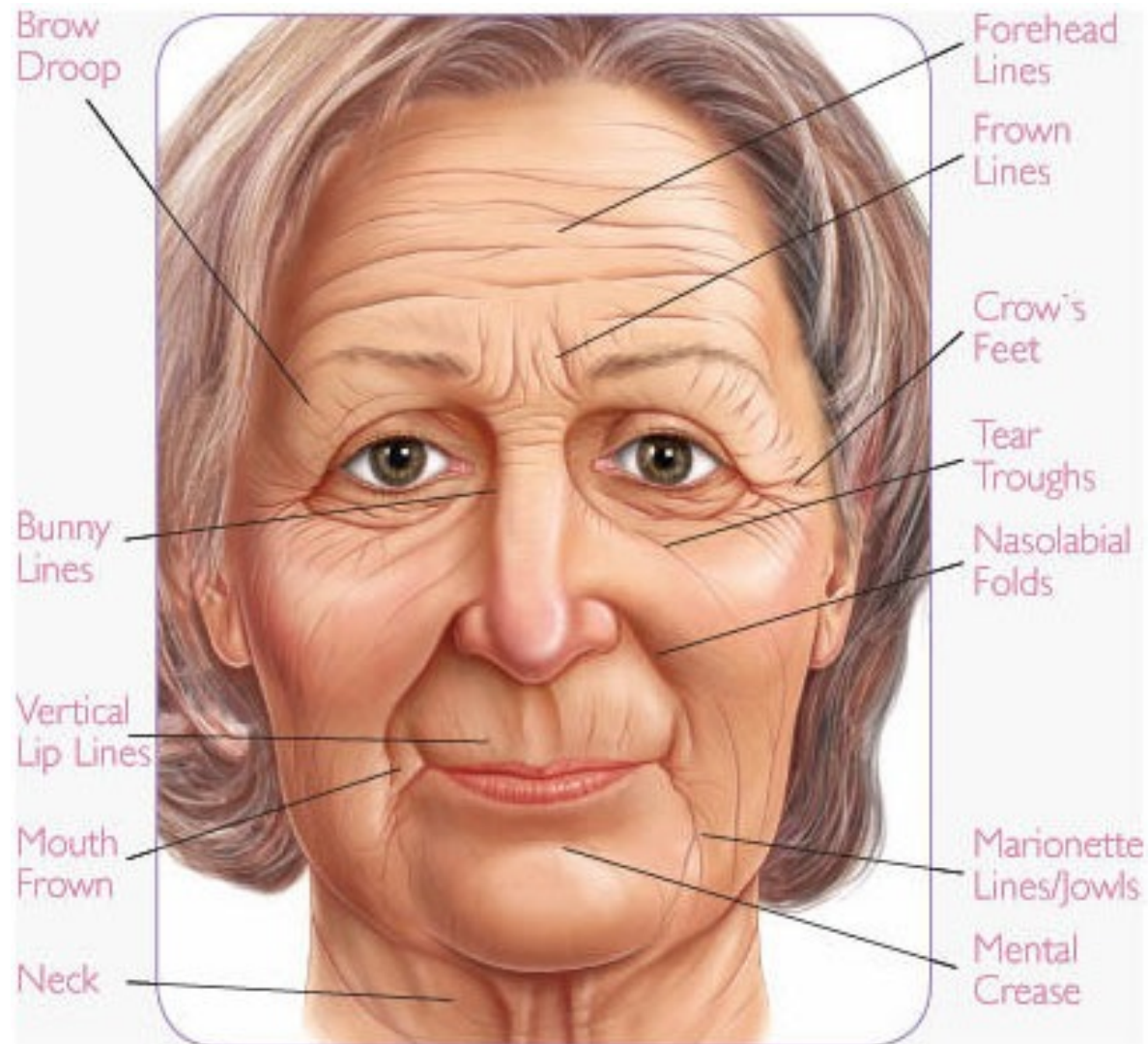








# Facial Wrinkles



As our brains get bigger

As our face gets smaller

What will we look like in 50,000 years?

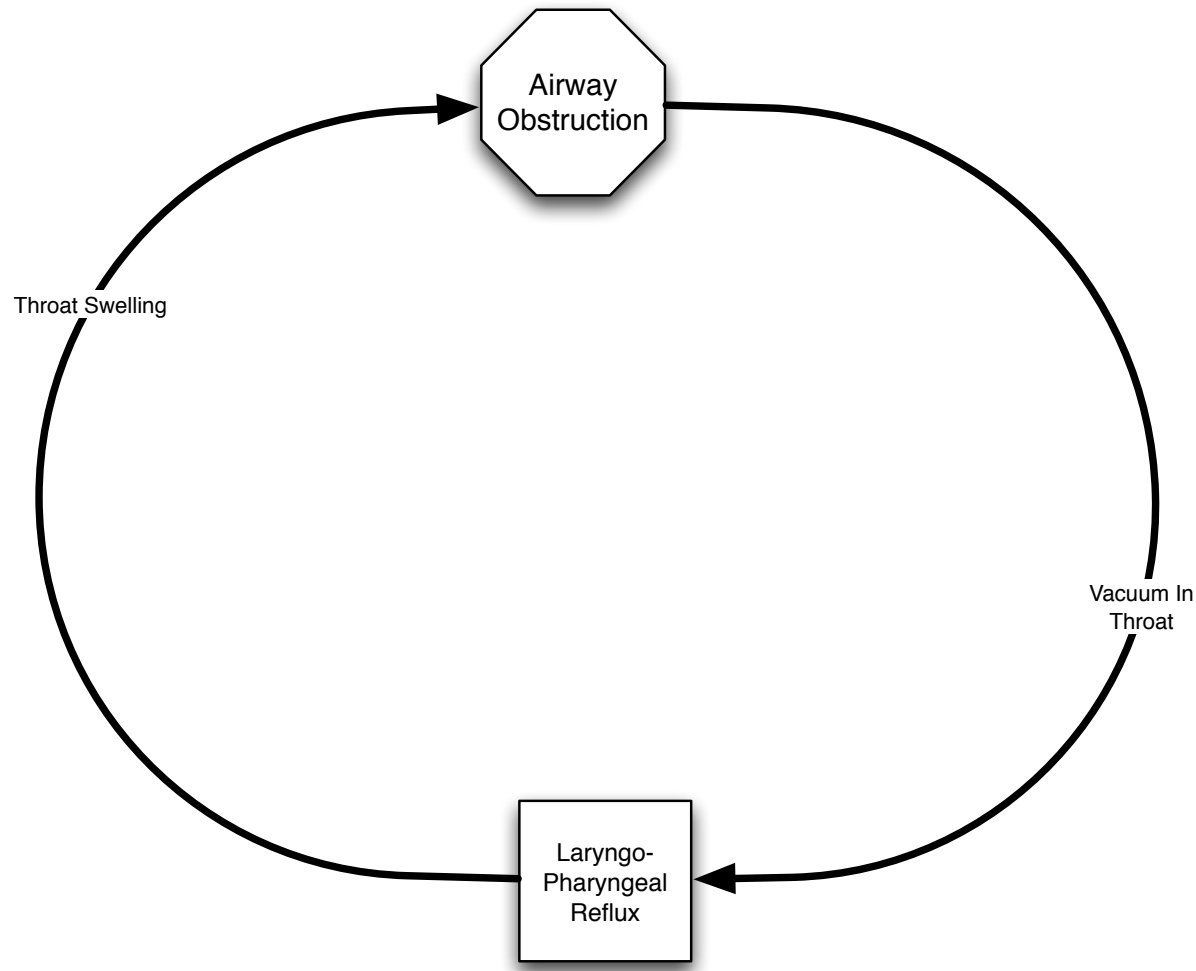




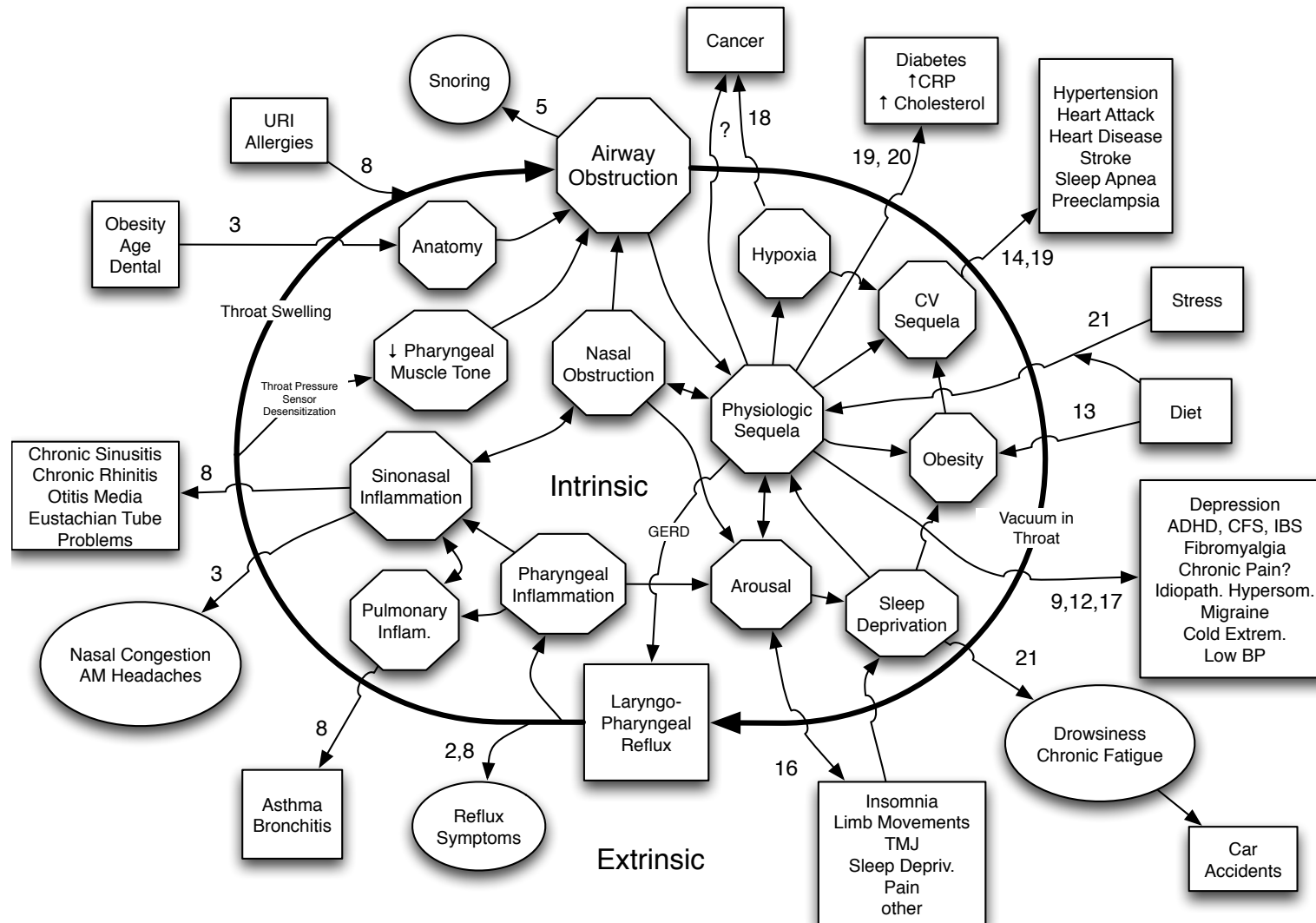
# Sleep Disordered Breathing

- Primary Snoring
- Upper Airway Resistance Syndrome
- Obstructive Sleep Hypopnea Syndrome
- Obstructive Sleep Apnea-Hypopnea Syndrome
- Obstructive Sleep Apnea Syndrome
- Mixed Sleep Apnea Syndrome
- Complex Sleep Apnea

# Sleep-Breathing Paradigm



# Sleep-Breathing Paradigm

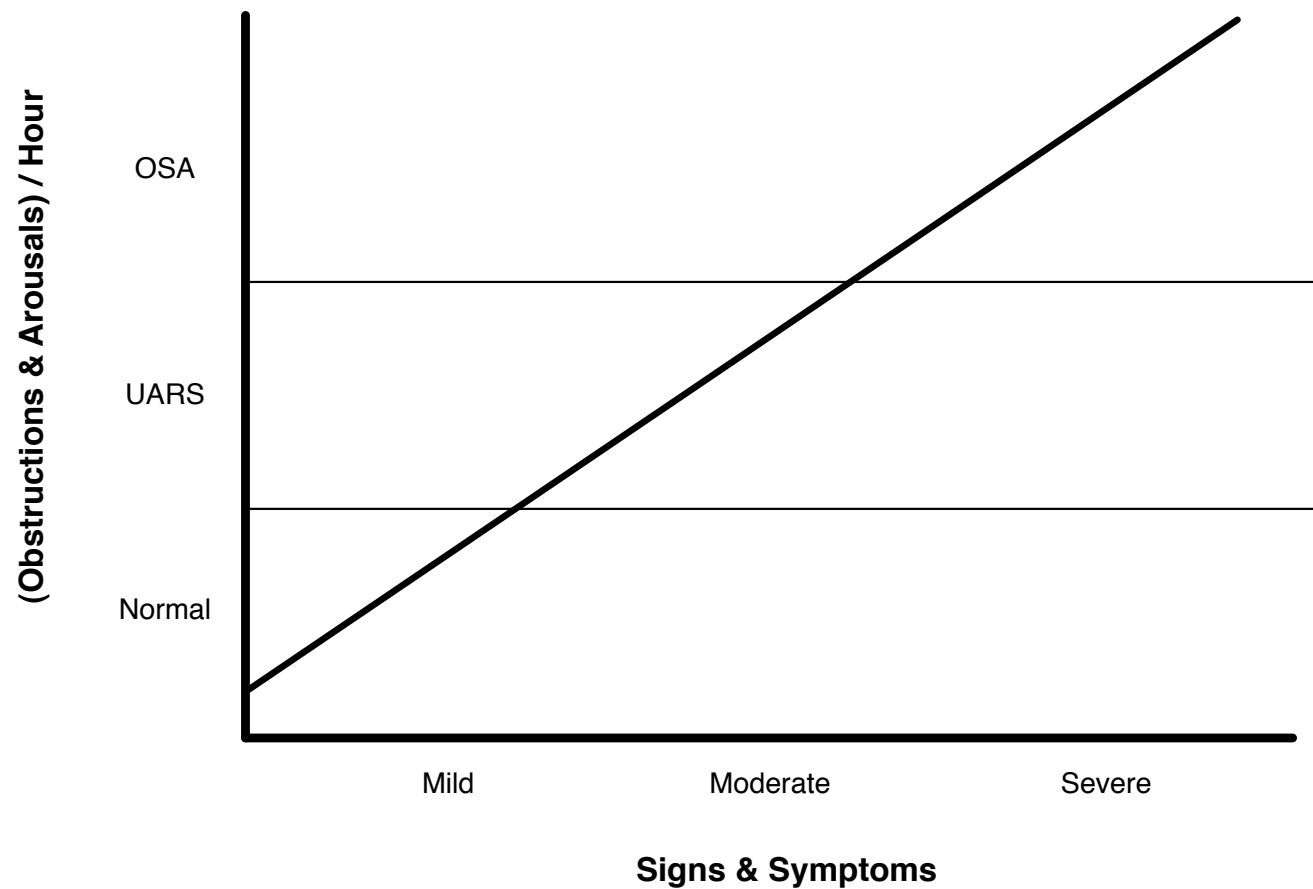


# How Common is OSA?

- 4% in men, 2% in women using strict criteria
- 24% in men, 9% in women using loose criteria
  - Based on population studies in 80s
- Recent study in women ~50%
- Elderly (>65 y.o.) 62% (AHI>10)
- UARS?



# Sleep-Breathing Continuum



# Practical Applications & Implications

- Neurologic effects / dementia
- Depression / anxiety
- ADHD
- PTSD
- Chronic insomnia
- Peri-menstrual disorders
- Pregnancy-related issues
- Menopause
- Cancer

# Treatment

- Conservative
  - Diet, lifestyle, behavioral, allergies, etc.
  - Full medical evaluation
- Sleep Study
- Treatment
  - CPAP
  - Dental appliances
  - Surgery

# Other Complementary Options

- Acupuncture
- Orofacial myology
- Didgeridoo

# New Options

- Provent
- Winx
- Tongue nerve stimulation
- Functional dental appliances

# 5 Practical Tips

- Don't eat or drink alcohol within 3-4 hours of bedtime
- Improve nasal breathing
- Adjust sleep / head position
- Avoid migraine triggers
- Practice relaxation techniques and deep breathing exercises



# Reader Question

Sleep Tip of the Day

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