

IMPROVING NASAL BREATHING

Nasal breathing is a fundamental pillar of overall health. When people make the transition to this habit they often find resolution of their allergies, fatigue, dry mouth, and inflammatory diseases, to name a few. Below is a list of steps you can implement at home to promote nasal breathing with very little expense.



Xlear® Out the Nose: The product Xlear® is a great natural adjunct to unclog the nose and sinuses. Xylitol sweetens the product while making it antibacterial. We find the best results are had when the user lays flat on their back; pushes each side of the nose away with the bottle tip while they inject the solution; and repeats until the solution drips into the back of the throat. One can also use a Q-tip to clear out gross accumulation of mucus if the Xlear solution does not drain into the throat after 2-3 attempts.



MUTE® Nasal Dilators: Often individuals have a nose that is simply too narrow to allow air in without turbulence. If this is the case, a nasal dilator after Xlear® spray will often alleviate this anatomical obstruction. We want to arrive at a silent breath through the nose, so choose a dilator that gives you the ability to breathe silently through the nose. In my experience, nasal strips have issues when used chronically by patients, but can be explored as an alternative.



Micropore Tape: To ensure the mouth stays closed and the lower jaw and tongue do not fall back in the throat, skin sensitive tape works great. Currently, 3M's Nexcare micropore tape is the best I know of. To use, cut a 2-inch strip of 1-inch tape. Reduce the stickiness of the tape slightly by patting it once against fabric, then fold the ends on top of each other about 2-3 mm for easy removal. Then apply vertically from the base of the nose down the base of the chin.

Sleep Promoting Environment: Bedroom considerations to optimize healthy sleep.

The bedroom should be on the colder side of room temperature; night sweats due to heat will disrupt sleep. Blue hue lights should be covered or removed from the room. Any rooms with mold or known allergens should be countered with a weekly bedsheet change and HEPA filter air purifier. Ear plugs are recommended whenever a room receives large changes in noise periodically throughout the evening.

Preparing for Sleep: How does one tell their body to settle down for the evening? Some common signals to the body are to not eat within 2 hours of your expected sleep time. Light exercise and stretch for 10 minutes an hour before sleep. Avoid stimulants such as caffeine and nicotine close to bedtime. Avoid screens for 30 minutes prior to bed. Try to maintain a regular sleep routine. Limit daytime naps to 30 minutes.