

EXPLORING THE HEALTH IMPACTS OF SLEEP DISORDERED BREATHING

Biocidin®

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ORAL CARE & SUPPORT

Therapeutic

- Dentalcidin toothpaste | brush 1-3x/ day
- Dentalcidin LS oral swish | after brushing, 1-2 pumps 3x/ day, swish for 1-2 minutes and spit

Maintenance

- Dentalcidin toothpaste | brush 1x/ day
- Dentalcidin LS oral swish | after brushing, 1-2 pumps 1x/ day, swish for 1-2 minutes and spit

Oil Pulling and Oral Irrigation

- Dentalcidin LS oral swish | can be added to oil for oil pulling or in the last ¼ of a tank of in an oral irrigator

Balance Gut Microbiome

- BioClear™ Cleansing Program with Biocidin liquid of liquid filled capsules

TREATMENT FOR SLEEP DISORDERED BREATHING

Diagnose It: Sleep Study

- In lab sleep study
- Home sleep test
- Sleep physician diagnoses

Treating OSA

- CPAP
- Oral Appliance Therapy
- Varying surgical options
- Supportive Therapies
 - Myofunctional Therapy
 - Buteyko Breathing
 - Tongue Tie Release
 - Weight loss



Sleep Hygiene

- No caffeine 4-6 hours before bedtime
- Cool, dark, quiet room
- No screens before bed - filter out the blue light
- Get regular exercise, not right before bed
- Avoid nicotine, especially near bedtime
- Spend 7-8 hours in bed, only for sleep and intimacy
- Maintain regular sleep/wake schedule

“I think my adult patient may have a problem”

- Screen with STOP-BANG [click here](#), FAirEST 21 [click here](#)
- Get them diagnosed
- Counsel on options
- Work on balancing oral & gut microbiome
- Collaborate with a team: sleep physician, sleep dentist ([aapmd.org](#)), myofunctional therapist ([aomtinfo.org](#)), nutritionist, Buteyko Breathing educator, functional medicine practitioner, tongue tie release expert ([thebreatheinstitute.com](#))

“I think my pediatric patient may have a problem”

- Screen with FAirEST-6 [click here](#) and/or PSQ [click here](#)
- Have parent video child while sleeping and bring to pediatrician or ENT to facilitate diagnosis
- Seek out a dentist that specializes in facial growth and development (e.g., Orthotropics, airway-centric orthodontics)
- Collaborate with a team

