

Sleep & Breathing Optimization Kit

DIY 30-Day

*For individuals already using an oral
sleep appliance or optimizing sleep and
breathing without one*

AN ORAL-VITALITY™ PRODUCT



ORAL-VITALITY

INTEGRATIVE DENTISTRY, WHOLE-BODY HEALTH

Before You Begin

Please read this guide in its entirety **before using your kit**. Understanding the purpose of each tool and how they work together will help you get the most benefit from your 30-day program.

IMPORTANT COACHING DISCLAIMER

This is a **self-guided, over-the-counter (OTC) coaching program** designed to support healthy breathing and sleep habits using educational guidance, simple tools, lifestyle adjustments, and tracking. This program **does not provide medical advice, diagnosis, or treatment**, and individual results will vary.

Please consult your physician, ENT, or dentist **before starting** if you:

- Have been diagnosed with sleep apnea or suspect a sleep disorder
- Experience chronic nasal congestion or breathing difficulty
- Are pregnant or taking medications that affect sleep or breathing

Stop use immediately and seek medical care if you experience pain, nosebleeds, dizziness, worsening symptoms, or any other concerning reactions.

Always use all included products as instructed.

You are in control of this process. Listen to your body, go slowly, and adjust as needed. This program is designed to support you with confidence, safety, and care.

WELCOME TO YOUR 30-DAY JOURNEY

Welcome to the **Oral-Vitality™ Sleep & Breathing Optimization Kit**. This self-guided 30-day program is designed to support healthier breathing and more restorative sleep by optimizing nasal airflow, breathing habits, and airway stability.

Whether you are experiencing chronic congestion, snoring, restless sleep, or low energy, this program helps you identify personalized strategies that may support meaningful improvement — all from the comfort of your home.

This version of the program is ideal for individuals who:

- Already use an oral sleep appliance or CPAP and want to improve results
- Experience snoring, congestion, or mouth breathing without needing a jaw-advancing device
- Want a non-invasive, habit-based approach to better sleep and breathing

Whether you are enhancing an existing therapy or optimizing breathing without an appliance, this program helps you identify personalized strategies that support meaningful improvement — all from the comfort of your home.

*Pair this guide with your companion **Sleep & Breathing Workbook** to track progress and refine your routine. Let's breathe easier and sleep better-together!*



Key Benefits You'll Experience:

- Increased energy and focus during the day.
- Reduced snoring and mouth dryness.
- A healthier oral micro-biome
- Improved oxygen levels and recovery.
- A calmer mind and stronger immune support.



Kit Components & Setup

This kit provides everything you need for a structured 30-day program. Each component is carefully selected to support nasal airflow, airway stability, and relaxation. Use them step-by-step as outlined in Section 3.

KIT COMPONENTS

- **Oral Vitality Nasal Strips** Lift and open nasal passages to improve airflow and reduce snoring. Drug-free congestion relief for better nightly breathing. Made with hypoallergenic, skin-safe adhesive for secure, comfortable fit. *Quantity: 30 strips (one per night).*
- **Oral Vitality Mouth Tape** (optional breathing hole) Supports nasal breathing by gently sealing lips during sleep. Reduces mouth dryness, snoring, and morning fatigue. Offered with or without a breathing vent. *Quantity: 30 strips (15 vented, 15 unvented).*
Tip: Start with vented if you're new to taping.
- **PuraAura Nasal Clearing Stick** (Terpene & Aromatherapy Formula) Blend of terpenes and essential oils (peppermint, eucalyptus, vanilla, tea tree, lavender). Opens nasal passages and promotes relaxation before bed. Includes saline-xylitol base for moisture and microbiome support. *Visit www.ApuraAura.com for more details.*
- **Improved Sleep & Breathing Technique Cards (3)**
 1. 4-7-8 Breathing & Physiological Sigh: Activates calm, lowers heart rate, prepares for rest.
 2. Buteyko Nose-Unblocking & 3-Blow Method: Retrains nasal breathing and restores CO2 tolerance.
 3. Healthy Sleep Tips: Simple reminders for posture, light exposure, and bedtime rhythm.
- **Eye Mask:** Blocks light and supports melatonin production for consistent, deep sleep. *Quantity: 1 adjustable mask.*
- **Sleep & Breathing Logbook** (Digital PDF, printable) Track nightly data, snoring intensity, oxygen levels, and more.

Note for Existing Dental Sleep Appliance or CPAP Users:

This kit is designed to complement — not replace — your current therapy. Improving nasal airflow, breathing patterns, and sleep habits often enhances comfort, adherence, and overall results when using an oral appliance or CPAP.

TIP

How you breathe during sleep matters. Improving nasal breathing and airway stability can significantly influence sleep quality, energy, and long-term health.

TIP

If you suspect sleep apnea, consult a healthcare professional. This kit is for mild snoring and breathing optimization, not medical diagnosis.



Why Sleep & Nasal Breathing Matter

Nasal breathing is the body's preferred and protective breathing pattern. It directly influences oxygen efficiency, airway stability, and nervous system balance, all of which are essential for healthy sleep.

The Power of Nasal Breathing

- **Improved Oxygenation:** Nasal breathing boosts nitric oxide (NO) production, enhancing oxygen uptake by up to 20% compared to mouth breathing.
- **Immune Protection:** Nasal filtration traps dust and pathogens before reaching lungs, reducing infection risk.
- **Autonomic Balance:** Slow nasal breathing calms the nervous system and lowers stress hormones like cortisol.
- **Airway Stability:** Keeps tongue posture forward, reducing snoring and airway collapse.
- **Oral Health:** Prevents dry mouth and maintains saliva pH for gum and tooth protection.

Why Mouth Breathing & Snoring Disrupt Sleep

Mouth breathing bypasses many of the protective benefits of nasal breathing. It reduces nitric oxide availability and increases airway dryness, inflammation, and instability.

Common consequences of chronic mouth breathing include:

- Fragmented or shallow sleep
- Reduced oxygen efficiency
- Increased airway resistance and vibration
- Dry mouth, sore throat, and morning congestion
- Greater strain on the nervous system

Snoring is not simply noise — it is a sign that air is struggling to move through a narrowed or unstable airway. This resistance increases effort during breathing and can repeatedly pull the body out of deeper stages of sleep, even if awakenings are not remembered.

Over time, these disruptions may contribute to daytime fatigue, reduced concentration, headaches, and reduced resilience to stress.

TIP

How you breathe during sleep matters. Improving nasal breathing and airway stability can significantly influence sleep quality, energy, and long-term health.

TIP

More Air In = Better Results Out
Improving nasal airflow often enhances the effectiveness of any sleep strategy – including oral appliance, CPAP, or positional therapy.



SECTION 3

Your 30-Day Guided Program

This program follows a **phased approach** to help you build habits gradually and safely. Track your progress daily in your logbook, noting the tools used, sleep quality, breathing patterns, and how you feel upon waking.

Objective tracking tools can provide helpful insights.

Recommended App:

SnoreLab – tracks snoring intensity and patterns
(Optional: upgrading to the premium version provides additional data)

Optional Home Monitoring Wearables:

Oura Ring, Wellue O2Ring, Apple Watch, Garmin Watch, SleepImage Ring, or other sleep-tracking devices.

Use these tools to help establish your baseline sleep and breathing patterns, then continue tracking throughout the program to observe changes over time. Wearable devices can be purchased directly from their respective websites.

Phase 1: Baseline - Nights 1–3

Goal: Establish your natural, unassisted sleep and breathing patterns.

- Do not use any tools yet.
- Track your sleep using the logbook, SnoreLab app, and any wearable device you have chosen.
- Note snoring intensity, dry mouth, nasal congestion, nighttime awakenings, and morning energy levels.
- Optional: Practice gentle breathwork from the technique cards if desired.

Why this matters:

Establishing a clear “before” snapshot helps you accurately measure progress and determine which tools provide the greatest benefit.

Phase 2: Nasal Optimization - Nights 4-10

Goal: Improve airflow and establish consistent nasal breathing.

- Before bed, use a gentle nasal rinse (such as saline or Xlear), followed by the **PuraAura Nasal Clearing Stick**.
- Apply **Oral Vitality Nasal Strips** across the bridge of the nose to support airflow.
- Use **nasal clearing and nasal strips only** for the first 2–3 nights to allow your body to adapt.
- Once nasal breathing feels comfortable, add **mouth tape** to help maintain nasal breathing during sleep.
Start with the **vented design**, then progress to the **unvented design** if comfortable, to determine which works best for you.

Coaching Tip:

Pay attention to small shifts — less dry mouth, quieter snoring, easier nasal breathing, or improved morning energy. These early signs often appear before major changes in sleep scores.

How The Kit Works

Each tool supports a different part of the breathing system:

Nose → airflow & filtration

Habits → sleep support

Breath → nervous system reset

Tracking → awareness/progress

TIP

If tape feels unfamiliar, practice during the day first, use the vented option.



Advanced Nasal Clearing Protocol: For Severe Congestion
Short-Term OTC Support. Extended time in this phase may be needed if nasal breathing needs more work.

(Educational only - not medical advice. Always consult your MD or ENT)

If you're still experiencing nasal blockage after 3-5 days of using saline or Xlear spray, a short course of over-the-counter (OTC) medication may help open your airways while you retrain nasal breathing. This protocol is intended as a temporary bridge only - never a long-term solution.

Step 1 - Begin with Saline or Xlear

- Continue gentle saline or Xlear spray twice daily for airway hydration and cleansing.
- If congestion persists after 3-5 days, move to Step 2.

Step 2 - Add Short-Term OTC Support

If your nose remains blocked, choose ****one**** of the following options. Do not combine them.

Option 1 - Flonase, Nasacort, or Rhinocort (anti-inflammatory corticosteroids):

- Helps reduce swelling and inflammation in nasal tissues.
- Use 2 sprays per nostril once daily for Week 1.
- Reduce to 1 spray per nostril daily in Week 2, then taper off.
- These are safe for short-term use (7-14 days) and have very low rebound risk.

Option 2 - Afrin (oxymetazoline):

- Provides fast relief by shrinking nasal blood vessels.
- Use only for 1-3 nights maximum.
- Apply 1-2 sprays per nostril only at bedtime.
- Stop after the third night to avoid rebound congestion (worse blockage after stopping).

****Important:****

- Do NOT combine Afrin with Flonase or Nasacort in the same cycle.
- Follow product label directions carefully.

Step 3 - Suggested Progression:

1. Start with saline or Xlear as your base routine.
2. If still blocked, use Afrin for 1-3 nights to open passages.
3. After stopping Afrin, switch to Flonase or Nasacort for 7-10 days.
4. Gradually taper off medicated sprays as breathing improves.

GOAL

Open your airway enough to retrain nasal breathing - not to rely on medication.

TIP

As nasal breathing becomes more consistent, it becomes easier to maintain. Reduced resistance reinforces the habit, allowing your body to naturally prefer nasal breathing over time.



Step 4 - Supportive Practices

- Use nightly nasal hygiene and PuraAura Nasal Stick.
- Continue Buteyko "3-Blow" or 4-7-8 breathing for 3-5 minutes before bed.
- Maintain a humidified room (40-60% humidity).
- Avoid alcohol or antihistamines at night as they can dry the airway.
- Perform nasal humming or light breathwork daily to support nitric oxide production.

Step 5 - Monitor and Track

- Log nightly details on nasal clearing modalities used
- Record your Nasal Ease (1-10) before and after use.
- Watch for any rebound congestion (worse blockage after stopping Afrin).

If rebound occurs (more congestion):

- Stop all medicated sprays immediately.
- Return to saline/Xlear only and add humidification.
- Continue Buteyko breathing twice daily.
- Contact your MD or ENT if congestion does not improve within 48 hours.

Summary of Key Rules

- Use Afrin for 1-3 nights only.
 - Use Flonase or Nasacort up to 14 days maximum, tapering gradually.
 - Continue saline/Xlear and breathwork daily for long-term support.
- x Never use Afrin and Flonase at the same time.
- x Do not rely on medicated sprays for long-term maintenance.

GOAL

Support, Don't Suppress
Supportive practices work best when they reduce irritation and encourage natural airflow rather than forcing results. Use medicated sprays sparingly, prioritize gentle nasal hygiene, breathwork, and humidity, and let your body do the adapting.

Phase 3: Airway Stability & Therapy Optimization - Nights 11-14

Goal: Improve airway stability and breathing efficiency during sleep — either by enhancing existing therapy or reinforcing non-appliance support strategies.

Continue all nasal optimization tools as outlined in Phase 2
Prioritize side sleeping and head/neck alignment

If you use an oral appliance or CPAP:

- Focus on nasal comfort and airflow before bed
- Note whether nasal optimization improves comfort, seal, or tolerance
- Track changes in snoring, awakenings, or oxygen stability

If you do not use an appliance:

- Focus on positional therapy, nasal breathing consistency, and relaxation
- Reinforce daytime nasal breathing habits

Coaching Note:

Many people experience meaningful improvements in sleep quality and snoring by reducing nasal resistance, sleep hygiene improvements, and positional changes — even without jaw-based devices.



Phase 4 - Personal Optimization (Nights 15-30)

Goal: Identify your best personal sleep–breathing formula by customizing the tools and habits that deliver the most consistent improvements in sleep quality, oxygenation, comfort, and overall vitality.

This phase shifts from structured testing to intentional personalization, using insights from your workbook to refine what works best for *your* body. By the end of this phase, you should have a sustainable, comfortable routine you can continue long-term.

Step 1: Review Your Progress (Nights 15-16 Prep)

- Before experimenting with new combinations, take time to review your data from Phases 1–3.

In your workbook, review:

Identify Wins & Patterns

- Look for trends in daily tracking and weekly reflections.
- Examples:
 - Did nasal strips + mouth tape consistently reduce snoring duration?
 - Did oxygen levels improve on nights using positional support, nasal optimization, or your existing therapy?
 - Was nasal breathing easier or more consistent with certain tools?

Spot Challenges

- Note recurring issues such as nasal blockage, jaw tension, mouth dryness, or nighttime awakenings.
- Identify lifestyle factors (such as alcohol, late meals, or screen time) that correlated with worse sleep or increased snoring.

Set Priorities

Based on your goals, choose **2–3 key metrics** to optimize during Phase 4, such as:

- Snoring duration or loudness
- Morning energy levels
- Oxygen saturation (average or lowest)
- Sleep efficiency or continuity

TIP

*Use a simple chart in your Logbook's notes to plot weekly averages, such as:
Week 1 Snoring: 45 min
Week 2: 20 min*



Step 2: Mix & Match Tools - Nights 17–24

Begin experimenting with combinations of tools that showed promise in earlier phases.

- Try each combination for **2–3 consecutive nights** before making changes.
- Adjust gradually based on comfort and workbook feedback.
- Change **one or two elements at a time** to better isolate what helps.

Always prioritize comfort

Suggested Combinations Based on Common Issues

Persistent Congestion

Focus: Nasal Optimization

- PuraAura Nasal Clearing Stick
- Oral-Vitality Nasal Strips
- Mouth Tape (vented if needed)
- Add nasal hygiene routines and nose-unblocking exercises

Why this helps:

Supports nasal ease (aim for 8–10/10 comfort) and improved CO₂ tolerance (goal >25 seconds if tracking).

Moderate Snoring

Focus: Airway Support

- Nasal Strips
- Mouth Tape
- Side sleeping (use a pillow for positioning support)
- Include myofunctional exercises (5–10 minutes/day)
- Slight elevation either with adjustable mattress or wedge pillow

Why this helps:

Improves airway stability and reduces collapse. Track snore loudness and duration in your workbook.

Low Energy or Fatigue

Focus: Oxygenation & Recovery

- Mouth Tape
- Eye Mask
- 4-7-8 Breathing or Physiological Sigh (from technique cards)
- Consider head-of-bed elevation (4–6 inches) if oxygen levels dipped below 90%

Why this helps:

Supports deeper sleep stages and nervous system recovery. Monitor morning energy, HRV, and sleep efficiency if available.

Balanced All-Around Optimization

Appliance or CPAP enhancement

- Nasal hygiene + strips
- Mouth tape (if safe with CPAP mask style)
- Eye mask + breathwork
- Consistent sleep timing

Top 10 Home-Care Tips to Reduce Snoring & Improve Sleep & Breathing:

1. *Maintain consistent nasal hygiene (saline or xylitol spray nightly).*
2. *Prioritize side-sleeping to reduce airway collapse.*
3. *Slightly elevate the head if reflux or oxygen drops are present.*
4. *Avoid alcohol and sedatives within 4 hours of bedtime.*
5. *Practice nasal breathing during the day to reinforce nighttime success.*
6. *Perform light myofunctional or tongue-posture exercises daily.*
7. *Keep bedroom humidity between 40–60%.*
8. *Avoid heavy meals close to bedtime.*
9. *Maintain consistent sleep and wake times, even on weekends.*
10. *Use calming breathwork (4-7-8, Buteyko, or physiological sigh) before sleep.*

CPAP/Appliance Tips

Reducing nasal resistance and nervous system arousal often improves appliance effectiveness and sleep continuity.



Step 3: Refine & Sustain (Nights 25-28)

In this step, you will layer in supportive habits from your workbook to amplify the effects of the tools you've identified as most helpful. These refinements focus on environmental and behavioral factors that strongly influence breathing and sleep quality.

- **Optimize Your Environment:**

- **Temperature:** Aim for **65–68°F** to support deeper sleep
- **Humidity:** Target **40–60%** (use a humidifier if dry air worsens nasal blockage)
- **Air Quality:** Use an air purifier and reduce potential allergens (dust, pets, fragrances)

Small environmental adjustments often produce noticeable improvements in nasal comfort and sleep continuity.

- **Refine Daily Habits**

- **Consistent Sleep Schedule:**
Maintain regular bed and wake times (e.g., 10:00 PM–6:00 AM) to support circadian rhythm alignment
- **Hydration** - Aim for **6–8 glasses of water daily** to support healthy nasal and oral tissues
- **Stimulant & Alcohol Timing:**
 - Caffeine cutoff by 2:00 PM
 - Avoid alcohol at least 4 hours before bedtime
- **Evening Wind-Down:**
 - Gentle movement (e.g., an evening walk)
 - 5 minutes of calming breathwork (Buteyko or 4-7-8 breathing)

TIP

*Sustainability wins!
The best routine is the one you can maintain comfortably over time*

- **Mind–Body Integration**

- **Evening Relaxation:**
Use meditation or breathwork to lower stress before bed
(Target perceived stress <5/10)
- **Morning Check-In:**
- Rate sinus openness and mouth moisture
- Record a brief gratitude entry in your workbook to support consistency and positive momentum

GOAL

This phase empowers you to own your sleep health. Remember, progress isn't linear- celebrate small wins like waking refreshed. You have built the foundation; now thrive!

Step 4: Troubleshoot & Fine-Tune (Nights 29-30)

Address any lingering issues and solidify your routine:

Common Issues & Supportive Adjustments

- **Persistent Nasal Blockage:**
 - Increase nasal humming (2–5 minutes)
 - Continue Buteyko breathing exercises (apps may be helpful)
 - Consider allergy evaluation if symptoms persist
 - If concerns remain, consult an ENT for further assessment

Establishing clear nasal airflow is foundational for long-term breathing health.
- **Plateau in Improvement:**
If progress has stalled, consider one focused adjustment such as:
 - Positional support (wedges pillows or side sleeping aids)
 - A myofunctional therapy or Buteyko breathing program
 - Changing one non-supportive daily habit



Confirm Your Personal Formula

By Night 30, identify your **top 3–5 most effective elements**, for example:

- “Nasal strips nightly + mouth tape + no caffeine after 2 PM”
- “Nasal hygiene + side sleeping + breathwork before bed”
- “Nasal strips + CPAP + eye mask + consistent bedtime”

Continue this combination for an additional week if desired and record final observations in your workbook.

Building Sustainability Beyond Day 30

- Reorder essentials and explore additional education and resources at www.oral-vitality.com
- Revisit your workbook monthly to adapt your routine as life circumstances change (travel, seasons, stress)

Safety & Sensitivity Tips

- If mouth tape feels restrictive, begin with the vented option or use it for partial nights until comfort improves.
- If nasal strips irritate the skin, rotate placement slightly, ensure skin is clean and dry, or take a night off as needed.
- If jaw or facial tension occurs, pause and reassess. Focus on nasal breathing and comfort-based strategies.
- Always remove any tool immediately if breathing feels restricted, uncomfortable, or stressful. Comfort and safety should guide all adjustments.

Final Note:

Consistency is key-

Small daily efforts lead to big changes.

Celebrate your progress.

Here's to better sleep and vitality!

