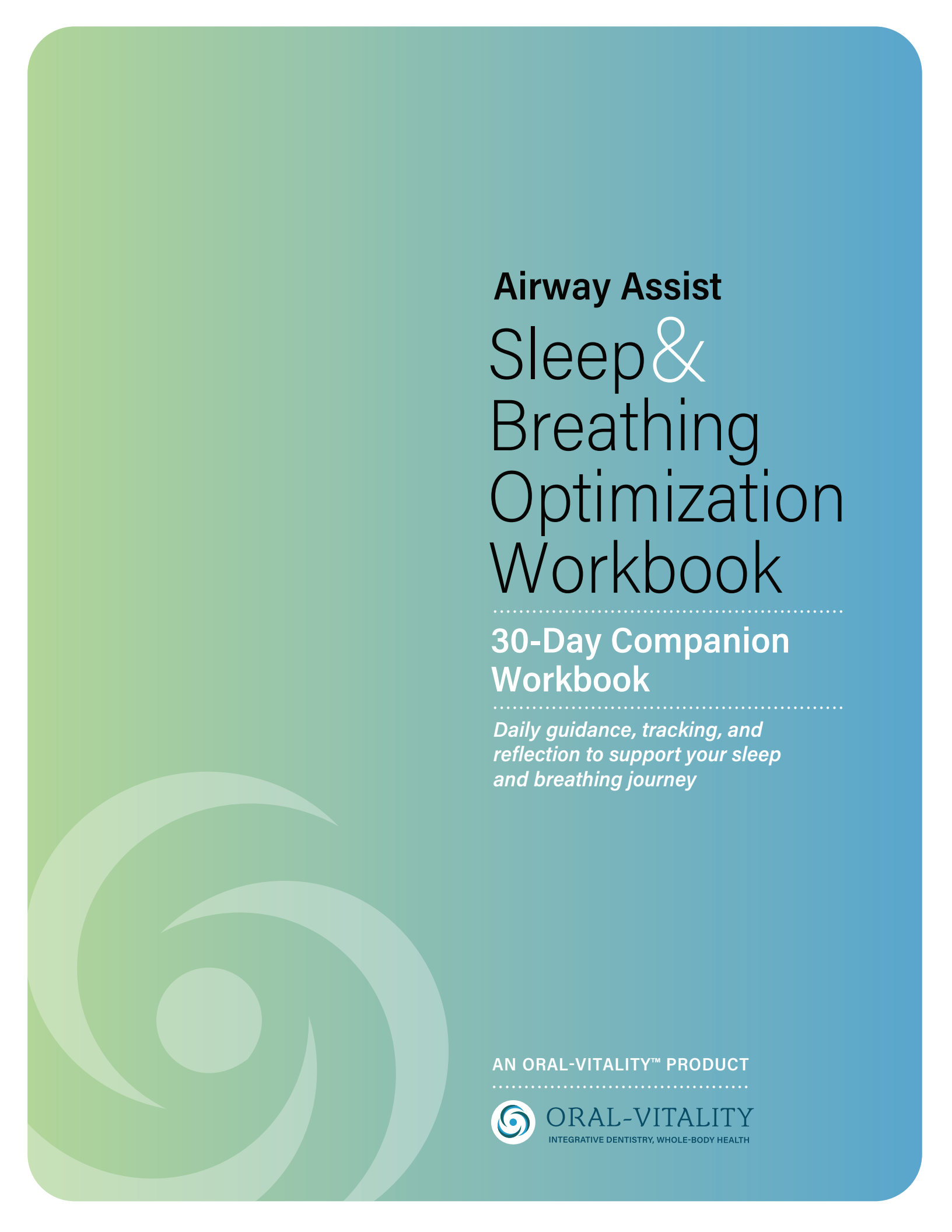




Airway Assist Sleep & Breathing Optimization Workbook

30-Day Companion Workbook

*Daily guidance, tracking, and
reflection to support your sleep
and breathing journey*

AN ORAL-VITALITY™ PRODUCT



ORAL-VITALITY

INTEGRATIVE DENTISTRY, WHOLE-BODY HEALTH

Before You Begin

Healthy breathing and restorative sleep are the foundation of vitality — influencing your energy, focus, and recovery. Take a moment to reflect on what you'd most like to improve with this **30-Day DIY Sleep & Breathing Kit**.



My Starting Goals

(Check or circle all that apply, then star your top 3 to focus on this month.)

Improve Breathing & Airway Function

- ☐ Breathe easily through my nose at night
- ☐ Reduce congestion and nasal blockage

Enhance Sleep Quality

- ☐ Fall asleep faster and stay asleep longer
- ☐ Wake feeling more rested and refreshed
- ☐ Reduce nighttime awakenings
- ☐ Increase deep and REM sleep

Reduce Snoring & Mouth Breathing

- ☐ Decrease snoring volume and frequency
- ☐ Eliminate dry mouth in the morning
- ☐ Keep consistent nasal breathing during sleep
- ☐ Reduce partner sleep disturbance

Boost Energy & Daytime Vitality

- ☐ Feel more alert and focused in the morning
- ☐ Improve energy and stamina throughout the day
- ☐ Reduce brain fog and mid-day fatigue
- ☐ Support better recovery and performance

Support Overall Health & Longevity

- ☐ Balance oxygen and nitric oxide levels
- ☐ Improve heart rate variability (HRV) and recovery
- ☐ Strengthen immunity through better sleep
- ☐ Reduce inflammation related to poor breathing

Relieve Jaw Tension & Oral Discomfort

- ☐ Reduce morning jaw or facial tension
- ☐ Improve bite comfort after wearing my MAD
- ☐ Rebalance posture and jaw alignment

My Top 3 Goals to Focus On This Month

1

2

3





Suggested Metrics To Track

Daily Sleep & Breathing

- ☐ Hours Slept
- ☐ Sleep Quality (1-10)
- ☐ O₂ Avg / Low
- ☐ Snore Duration (min)
- ☐ Energy AM (1-10)
- ☐ Dry Mouth (Y/N or 1-10)
- ☐ Nasal Blockage (1-10)

Nasal Breathing Health

- ☐ Nasal Ease (1-10)
- ☐ CO₂ Tolerance (sec) – Buteyko method
- ☐ Lip Seal Test (Y/N)
- ☐ Nasal Hygiene Routine (Y/N)
- ☐ Nasal Humming Practice (min/day)

Airway & Snoring Support

- ☐ Head Elevation (Y/N)
- ☐ Myofunctional Exercises (min/day)
- ☐ Alcohol/Sedative Use (Y/N)
- ☐ Weight (weekly entry)
- ☐ Bruxism / Clenching (Y/N)
- ☐ Morning Breath Freshness (1-10)

Lifestyle & Behavior

- ☐ Bed/Wake Time
- ☐ Caffeine Cutoff Time
- ☐ Dinner Timing (hrs before bed)
- ☐ Exercise (Y/N)
- ☐ Stress Before Bed (1-10)
- ☐ Hydration (cups/day)
- ☐ Sleep Position

Mind-Body Integration

- ☐ Morning Energy (1-10)
- ☐ Mood / Focus (1-10)
- ☐ Jaw Tension (1-10)
- ☐ Sinus Openness (1-10)
- ☐ Gratitude / Reflection

Notes on Top 5-7 Metrics





30-Day Daily Journal

DAY 1 / DATE ___ / ___ / ___

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

DAY 2 / DATE ___ / ___ / ___

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

PRO TIP

*Look for trends,
not single-night
results. Real
improvement
shows up over
3–5 day patterns.*



DAY 3 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

PRO TIP

Use a humidifier during dry seasons or if you wake with dryness or irritation.

DAY 4 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations



DAY 5 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

PRO TIP

*Rinse your
nasal passages
each night
with saline or
xylitol spray.*

DAY 6 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations



DAY 7 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

PRO TIP

***Practice 4-7-8
or Buteyko
breathing for
5 min. nightly.***

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

WEEK 1 REFLECTION

Best Tool Combination _____
Most Noticeable Improvement _____
Challenges / Setbacks _____
Adjustments for Next Week _____
Energy ____ → ____ Snore ____ → ____ Nasal Ease _____ → _____

Other changes

Weekly Insight or Wins



DAY 8 / DATE A

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

PRO TIP

*Use vented tape
if new to mouth
taping.*

DAY 9 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations



DAY 10 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

PRO TIP

***Build a simple
5-minute bedtime
airway ritual:***

- ***saline or Xlear***
- ***gentle clearing***
- ***breathwork***
- ***nasal stick***
- ***mouth tape
(if appropriate)***

DAY 11 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations



DAY 12 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

PRO TIP

***Sleep on
your side.***

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

DAY 13 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations



DAY 14 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

PRO TIP

***Avoid alcohol
within 4 hours
of bedtime.***

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

WEEK 2 REFLECTION

Best Tool Combination _____

Most Noticeable Improvement _____

Challenges / Setbacks _____

Adjustments for Next Week _____

Energy ____ → ____ Snore ____ → ____ Nasal Ease ____ → ____

Other changes

Weekly Insight or Wins



DAY 15 / DATE ___ / ___ / ___**Tools & Practices Used**

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

DAY 16 / DATE ___ / ___ / ___**Tools & Practices Used**

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

PRO TIP

*Use the 3-minute
daytime reset:*

- **3 nasal breaths**
- **3 long nasal exhalas**
- **3 gentle hums**



DAY 17 / DATE ___ / ___ / ___

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

DAY 18 / DATE ___ / ___ / ___

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

PRO TIP

Use a supportive pillow or side-sleeping wedge to optimize airway position.



DAY 19 / DATE ____ / ____ / ____**Tools & Practices Used**

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

DAY 20 / DATE ____ / ____ / ____**Tools & Practices Used**

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

PRO TIP

Consistency matters: even 50–70% adherence to the nightly routine produces noticeable improvements.



DAY 21 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

WEEK 3 REFLECTION

Best Tool Combination _____

Most Noticeable Improvement _____

Challenges / Setbacks _____

Adjustments for Next Week _____

Energy ____ → ____ Snore ____ → ____ Nasal Ease ____ → ____

Other changes:

Weekly Insight or Wins:

PRO TIP

*Warm the nose
before bed with a
warm compress
for 2–3 minutes to
soften tissues and
improve airflow.*



DAY 22 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

PRO TIP

*Use a supportive
pillow or
side-sleeping
wedge to optimize
airway position.*

DAY 23 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations



DAY 24 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

DAY 25 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

PRO TIP

Keep bedroom humidity between 40–60% to prevent nasal dryness and nighttime blockage.



DAY 25 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

DAY 26 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

PRO TIP

Practice correct tongue posture throughout the day: tongue up, teeth apart, lips closed.



DAY 27 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

WEEK 4 REFLECTION

Best Tool Combination _____

Most Noticeable Improvement _____

Challenges / Setbacks _____

Adjustments for Next Week _____

Energy ____ → ____ Snore ____ → ____ Nasal Ease ____ → ____

Other changes

Weekly Insight or Wins

PRO TIP

*Perform Chewie
or bite exercises
each morning
to rebalance jaw
tension after
nighttime clenching
or oral posture
strain.*



DAY 28 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

DAY 29 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

PRO TIP

Avoid alcohol, heavy meals, and antihistamines close to bedtime as they increase congestion and reduce sleep quality.



DAY 30 / DATE ____ / ____ / ____

Tools & Practices Used

- ☐ Nasal Strip ☐ Mouth Tape ☐ MAD ☐ Orthodontic Chewies ☐ Eye Mask
☐ Nasal Hygiene ☐ Nasal Stick ☐ Nasal Humming ☐ Buteyko / Breathwork
☐ 4-7-8 Breathing ☐ Side-Sleeping ☐ Humidifier / Air Purifier
☐ Room Temp 65–68°F ☐ Screen Curfew ☐ No Alcohol / Heavy Meal (4 hrs before)
☐ Sleep Tracker / App ☐ Morning Reflection

Sleep & Breathing Metrics

Hours Slept: _____ Sleep Quality (1–10): _____
O₂ Avg / Low (%): _____ Snore Duration (min): _____
Energy AM (1–10): _____ Nasal Ease (1–10): _____
Dry Mouth (1–10): _____ Nasal Blockage (1–10): _____

Notes & Observations

End-of-Program Reflection

Review your 30-day journey. Reflect on what worked, what changed, and what you'll continue.

Best Tool Combination _____

Most Noticeable Improvement _____

Challenges / Setbacks _____

Adjustments for Next Week _____

Energy ____ → ____ Snoring ____ → ____ O₂ Avg ____ → ____ Nasal Ease ____ → ____

Other changes

Weekly Insight or Wins

PRO TIP

Watch for silent mouth breathing — mouth closed but air still entering through the throat.*

***If this occurs, reinforce nasal hygiene + tongue posture + breathwork.**



Top 3 Learnings

1

2

3

What I'll Continue Doing

Next Steps / Support Needed



Pro Tips & Resources

Use these tips to maintain your progress

- Rinse nightly with saline or xylitol spray.
- Sleep on your side and avoid alcohol within 4 hours of bed.
- Practice 4-7-8 or Buteyko breathing for 5 minutes nightly.
- Use vented tape if new to mouth taping.
- Perform Chewie exercises each morning to reset your jaw.
- Stay consistent—every night of nasal breathing builds progress.
- Visit www.Oral-Vitality.com for more information and to reorder supplies

