

Airway, Breathing & Sleep Protocols

Magnesium glycinate or citrate 200mg

- * Helps convert certain proteins into chemicals that encourage sleepiness
- * Helps calm down the nervous system
- * Plays a role in muscle relaxation, such as restless leg during sleep
- * Helps the brain maintain higher levels of GABA neurotransmitter, that turns off wakefulness



INTEGRATIVE
DENTAL MEDICINE
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Airway, Breathing & Sleep Protocols

History:

* IDM Checklist

* Patient Interview

- Did you have allergies as a child? Now?
- Do you breathe through your nose or through your mouth?
- Can you breathe through your nose?
- Do you sleep well?
- Do you wake up during sleep? How often each night?
- Do you snore?
- Do you wake up in the morning feeling rested?
- Are you tired during the day?

Screening & Biohacks:

- * **CBCT**- today, send to BeamReaders for interpretation: Airway, TMJs, Pathology
- * **SnoreLab phone app**.- download during visit and start tonight
- * **SleepSat HRPO**- 3 nights, starting tonight
- * **Sleep Hygiene**- no alcohol, blackout room, room temperature < 75 degrees.
- * **Melatonin**- 2-10mg, one hour before bedtime, TV/computers/devices off!
- * **Magnesium** - 200mg, one hour before bedtime, glycinate or citrate
- * **Mouth taping**- start tomorrow night, continue for one week or until next visit
- * **Nasal Dilation**- Ex: Mute Nasal Dilator
- * **Nasal Irrigation**- Ex: Xlear Xylitol Spray

Consultation:

- * **7-10 days**- after initial assessment
 - review all findings: SnoreLab, Mouth taping, HRPO, CBCT, Sleep Hygiene
 - determine strategic plan together:
 - ENT referral
 - Allergist referral
 - Sleep MD referral
 - Oral Surgeon referral
 - Trial Oral Appliance - 2-4 weeks, then repeat HRPO for 2 nights

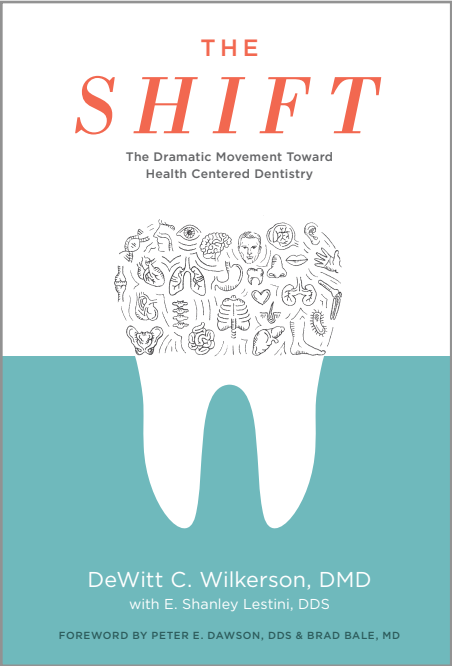
Office Visit:

- * Ideally after any other consults (ENT, Allergist, Sleep MD)
- * Ideally after repeat HRPO for 2 nights
- * Review results with trial oral appliance- Does advancing the mandible & tongue help?
- * Determine next steps
 - = **Management** with OAT, CPAP, Sleep Hygiene, etc.
 - = **Resolution** with Ortho, Tongue-tie release, ENT surgery, Orthognathic Surgery, Oral-myofunctional Therapy, combination therapy

Integrative Dental Medicine

IDM

Checklist

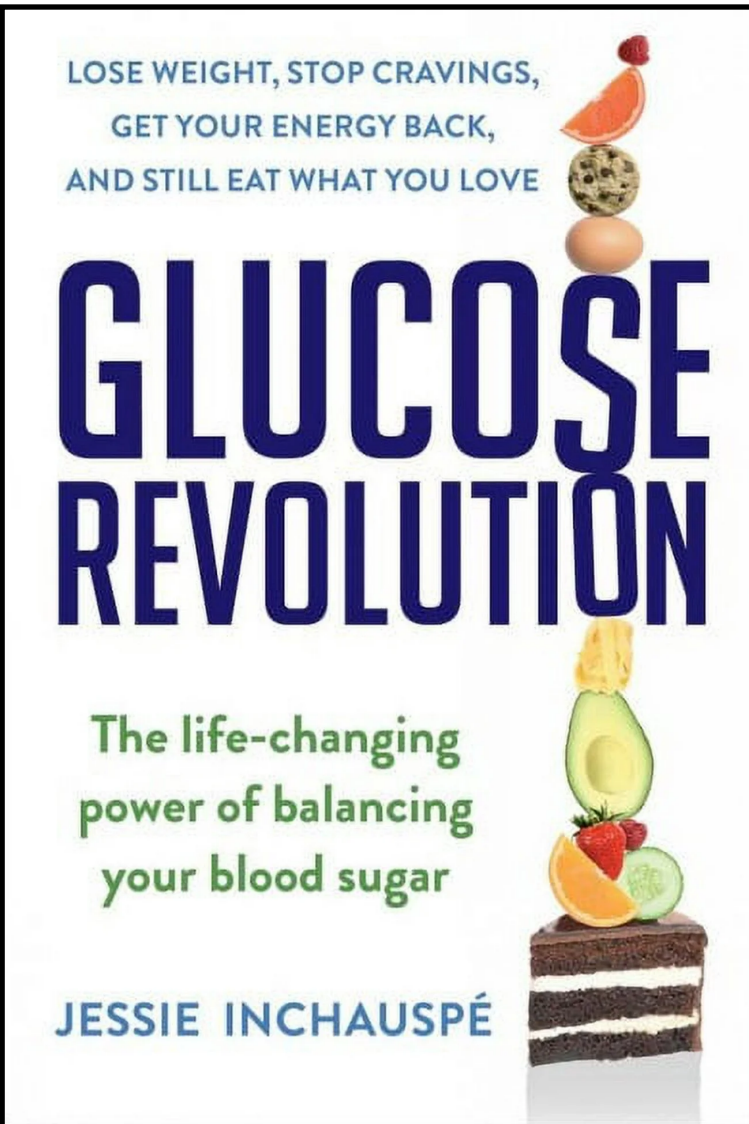


	Infection/Inflammation			Airway /Breathing Disorders			TMD/Occlusion Disorders		
History <i>Signs & Symptoms</i>	Caries/Toothaches	-	+	Mouth Breather	-	+	Joint Discomfort	-	+
	Bleeding Gums	-	+	Snoring	-	+	Popping/Clicking	-	+
	Oral Sores	-	+	Sleep Apnea	-	+	Limited Opening	-	+
	Tobacco/Toxins	-	+	Daytime Sleepiness	-	+	Sore Muscles	-	+
	High Blood Pressure	-	+	Poor Sleep Quality	-	+	Nerve Pain	-	+
	Pro-inflammatory Diet	-	+	Nasal Congestion	-	+	Bruxism (Grind or Clench)	-	+
	Chronic Pain/Stress	-	+	Forward Head Posture	-	+	Poor Bite	-	+
	Diabetes	-	+	Tongue Tie	-	+	Worn Teeth	-	+
	Gastric Reflux	-	+	Chronic Cough	-	+	Tongue Thrust	-	+
	Physical Inactivity	-	+	Deviated Septum	-	+	Crooked Teeth	-	+
Evaluation <i>Clinical signs</i>	Visual Inspection	-	+	Neck Circumference >16"	-	+	ROM Atypical	-	+
	Periodontal Probing	-	+	Mallampati Score >2	-	+	Muscle Palpation	-	+
	Oral Lesions	-	+	Scalloped Tongue	-	+	Joint Palpation	-	+
	Lymph Nodes	-	+	40% Tongue Restriction	-	+	TMJ Load Testing	-	+
	Swollen Tonsils	-	+	Nasal Stenosis	-	+	CR to MIP Slide	-	+
				Skeletal Profile		+			
Screening & Testing	Radiographic Imaging	-	+	Overnight Pulse Oximetry	-	+	Doppler Auscultation	-	+
	Hb A1c Testing	-	+	Home Sleep Test	-	+	Imaging (CBCT/MRI)	-	+
	Salivary Testing	-	+	Heart Rate Variability(HRV)	-	+	Dawson Photo Series		
	Oral Cancer Screening	-	+	Polysomnogram(PSG)	-	+	Diagnostic Study Models		
	Reflux Symptoms Index (RSI)						Dawson Wizard Analysis		
Differential Conclusion	- Negative		+ Positive	- Negative		+ Positive	- Negative		+ Positive

	Infection/Inflammation	Airway /Breathing Disorders	TMD/Occlusion Disorders
Treatment	<p>Oral Infections & Systemic Inflammation</p> <p>↓</p> <p>Eliminate Caries Periodontal Protocol Tx/Extract Abcessed Teeth Counsel Anti-inflamm. Diet</p> <ul style="list-style-type: none"> • Chronic Pain/Soreness • Reduce B.P. • Reduce Blood Sugar/ Diabetes • Alkaline for Gastric Reflux <p>Counsel Anti-Inflamm. Lifestyle</p> <ul style="list-style-type: none"> • Physical Activity • Stress Management • Sleep Hygiene • Smoking Cessation • Avoid Toxins <p>Refer Oral Lesions</p>	<p>Management & Resolution</p> <p>↓</p> <p>Nasal Breathing</p> <ul style="list-style-type: none"> • Buteyko Training • Mouth Taping <p>Oral Myofunctional Therapy Allergist-Allergy Testing E.N.T.-Airway Evaluation</p> <p>MANAGEMENT PROTOCOL</p> <ul style="list-style-type: none"> • Increase Vertical Airway • Increase Horizontal Airway • Sleep Position, Non-Supine • Weight Loss • Retest • Work with Sleep MD <p>RESOLUTION PROTOCOL</p> <ul style="list-style-type: none"> • Expand Oral Airway • Expand Upper Airway • Expand Posterior Airway • Release Tongue-Tie 	<p>Phase 1 / Phase 2</p> <p>↓</p> <p>Phase 1</p> <ul style="list-style-type: none"> • Appropriate Orthotic • Anti-inflammatory Meds/Diet • Physical Therapy prn • C1/C2 Therapy prn • Injection Therapy prn • Surgical Referral prn <p>Phase 2</p> <ul style="list-style-type: none"> • Definitive Occlusal Therapy • Post Tx Orthotic prn

Glucose Revolution YouTube

10 Life-changing Glucose Hacks: easy tricks that will change how you feel forever



The Glucose Hacks

Hack 1: Eat foods in the right order

The right order to eat our food in to minimize a meal's glucose spike is:
1) Fiber, 2) Protein and fats, 3) Starches and sugars.

Hack 2: Veggie starters

Veggie starters reduce the glucose spike of the meal that follows them. The objective is for the veggie starter to make up about 30% of the meal.

Hack 3: Stop counting calories

Counting calories doesn't necessarily improve health outcomes. And not all calories are equal: calories derived from fructose are more detrimental than those from glucose.

Hack 4: Savoury breakfast

A savoury breakfast is composed of protein (the centerpiece), fat, fiber (if possible), optional starches, and nothing sweet except optional whole fruit (just for taste).

Hack 5: Have any type of sugar, they're all the same

All sugar is made of glucose and fructose. They all have the same impact on our body, so have the one you prefer.

Hack 6: Pick dessert over a sweet snack

If we want to eat something sweet, it's better for our glucose to have it as dessert after a meal than as a snack between meals.

Hack 7: Vinegar

Vinegar can be taken as 1 tablespoon in a tall glass of water (with a straw), or as a salad dressing, ideally up to 20 minutes before a meal. This reduces the spike of your meal by up to 30%.

Hack 8: After you eat, move

After your meals, when you can, use your muscles for 10 minutes to reduce the glucose spike of the meal. Examples: walking, tidying your house, doing calf raises, etc.

Hack 9: If you have to snack, go savoury

Sweet snacks give us pleasure, savoury snacks give us energy. Savoury snacks include proteins, healthy fats, and fiber.

Hack 10: Put "clothes" on your carbs

Putting "clothes" on our carbs means adding protein, fat, or fiber to starches and sugars. This reduces the speed of glucose absorption in our body.

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Features of SleepSat include:

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◆ Apnea / UARS Screening

◆ Identify Therapy Candidates

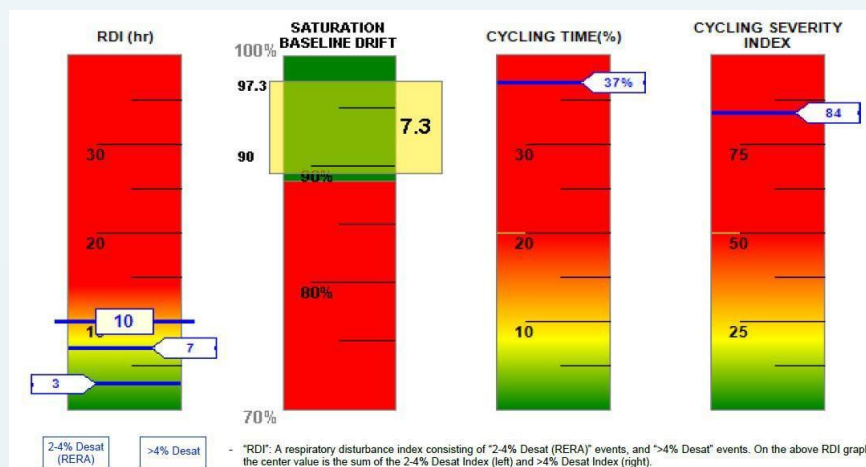
◆ Titration Reports

◆ Results in Minutes

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SatScreen software applies advanced analytics and pattern detection to the SleepSat's best-in-class data to index ventilatory instability and baseline drifts in oxygen, which can help detect UARS, Nocturnal Hypoventilation, Cheyne-Stokes and OSA.


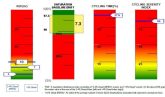
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Check One	Item	Description	
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