

NightLase® Instructions

The goal of NightLase® treatment is to build collagen, tighten tissues in the soft palate and uvula, and open the airway. Collagen production stimulated by laser therapy peaks 21-28 days after treatment. For maximum benefit, sessions are scheduled to optimize layering of collagen production.

1. Vitamin C 1000mg 2x per day (liposomal recommended due to improved absorption).
2. Hydrate! Try to drink ½ of body weight of water a day for a week before treatment.
3. Eat a balanced diet - fruits, vegetables, protein, healthy fats.
4. Continue moderate exercise. Here are some other tips listed below.
5. Practice nasal breathing - If you struggle with mouth breathing you can try MOUTH TAPE (see below).

Why nasal breathing?

Mouth breathing can cause dry mouth and increased risk of dental infections (both periodontal disease and cavities). Nasal breathing is better for dental health and has several general health benefits due to the production of **Nitric oxide**. Nitric oxide is a vasodilator (blood vessel relaxor) so it increases blood flow and decreases blood pressure.

Benefits of improved oxygen flow:

- Enhanced memory and learning
- Better regulated blood pressure
- More regulated inflammatory response
- Improved sleep quality
- Increased endurance and strength
- Better opportunity for weight loss
- Improved immune/gut function
- Decreased pain
- Reduced risk of heart disease
- Help with symptoms of anxiety and depression
- Other ways you get nitric oxide are through your diet, eating foods high in nitrates like vegetables.

Mouth Tape

Mouth Tape helps with nasal breathing while sleeping. Becoming a nose breather is a process, but even repeated cycles of just a few minutes of nose breathing can effectively train your body to do it regularly.

1. Prior to trying lip taping, make sure that you clear your nasal passages by blowing your nose and/or sinus rinsing. Xlear spray works well, or simply use a Neti pot with sterile saline.
2. Once you are able to seal your lips and breath through your nose, you can apply lip tape.
3. Use medical tape, Somnifix strips, or Snoreless strips. Somnifix strips are hypoallergenic, easily removed by simply opening your mouth, and are shaped to sit directly on the lips.

Why should I mouth tape? Better sleep, less change of grinding teeth, less cavities & bad breath, increased nitric oxide!