

What's So Bad About Mouth Breathing? Stress, Cavities, and More



IN HARMONY
ORTHODONTICS
HOLISTIC COLLABORATIVE COMPASSIONATE

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Get YOUR questions answered!



Is it a challenge for you to stay asleep all night?
Do you wake up several times to drink water or use the wash-room?
Do you wake up still feeling tired?

Our Sweeter Dreams program can help! This service will provide you with the tools to start solving your sleep problems right **now!**

The logic is simple: When you can't breathe through your mouth, you will breathe through your nose. It may seem like a minimal change, but the health benefits are significant. Mouth breathing can lead to high blood pressure, heart problems and sleep apnea. Plus, breathing mainly through your nose can have you waking up feeling more rested and without a dry mouth!

This service will include:

- **3 Virtual Consultations:**
 - (1) introduction of the options available for lip taping, help deciding the best option for you, tips for optimal lip taping success, and setting personal goals,
 - (2) follow-up to evaluate and revise goals,
 - (3) continue to evaluate and revise goals.

Total Fee: ONLY \$97! If needed, can add three (3) additional sessions for \$77.

*Estimate is good for three (3) months from date received.

What does this program do?

- Lip taping does NOT have to look like this →
- Start addressing concerns now!
- Helps establish better sleep.
- Helps promote nasal breathing.
- Helps address a dry mouth in the morning.

