

# WHAT YOU WILL NEED

## Breathing Aids and Course Supplies

*It is recommended to get at least the top 2 options in each group for the Breathing clinic live. To have even more options when going through the training, buy all the supplies so that you can see what works best for you. See end of document for TMJ, Tinnitus course supplies.*

### Keeping your mouth closed for sleep options

For Adults or Children:

- [3M Micropore Tape](#) (Used for daytime exercises along with night time)
- [Myotape with opening for the mouth](#)
- [Somnifix mouth tape with vent](#) (Best used if have sensitive skin)

For Men with beards:

- [3M Transpore Tape](#)

### Nasal dilator options

For Adults:

Worn outside the nose:

*(We normally start with Breathe rights; purchase if you don't have skin sensitivity.)*

- [Breathe right nasal strips](#)
- [Intake Breathing](#)

For Children:

- [Kids Nasal Strips](#)
- [Breathe Right Kids Nasal Strips](#)

For Adults:

Worn inside the nose:

*(To have options to try, please purchase 2 or more below.)*

- [Mute \(nasal dilator\)](#)
- [Nasalaid](#)
- [Turbine \(daytime use\)](#) used during exercising

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## Nasal spray to help keep your nose open and clean

*Dr. Jenny needs everyone (children and adults) to buy the Deep-Sea Premium Saline as she will teach a daytime inhale and swallow technique for cleaning the back of the nose.*

- [Deep-Sea Premium Saline](#): Dr. Jenny Requests that you purchase this for daytime inhale and swallow technique

## Nasal spray to help keep your nose open and clean (cont.)

*In addition, purchase at least 1-2 of the full sinus rinses for a home sinus cleaning.*

For Adults:

- [Neosinus Rinse](#): (for beginners or sensitive noses as it is the gentlest of the rinses)
- [NeilMed Sinus Rinse](#) (most popular)
- [NeilMed Salt Packets](#): Can also use 1/3-1/2 of packet for the Deep-Sea Premium Saline bottle requested to purchase above.
- [XCLEAR Sinus Rinse System](#) (Similar to Neilmed but with Xylitol)
- [XCLEAR packets with Xylitol](#)
- [Nasaline \(Looks like a syringe\)](#)

For Children:

- [Kid's Xlear Nasal Spray Drops](#): Start with this 4 drops per nostril while laying down.
- [Xlear Nasal Spray](#)
- [Deep Sea Premium Saline](#): Children will graduate to this when ready

For those that suffer from dry nose:

- [Nasya Oil for nose dryness](#)

## Natural inhalers/essential oils to help open the nose for breathing options: *(Try at least - 2 different types)*

For Adults and Children:

- [Netstick \(natural nasal inhaler\)](#) The most gentle
- [Olbas inhaler](#) Smells like vicks

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- [White flower oil inhaler option, place drops on wrist](#)/easy for children
- [boomboom](#) Children enjoy the different flavors

## Dental tools and over-the-counter appliances:

For Adults and Children:

- [Up-Locker Vacuum Activator](#): Great for mouth breathers and those with snoring, sleep apnea, or poor sleep. Oral posture training device. *(Recommended for the breathing clinic for adults, clenched and for private children training sessions).*
- [Aqualizer](#): Great for clenched to train oral posture to keep teeth apart. *(Recommend Ultra Medium Volume for average sized mouths or Mini Medium Volume for smaller mouths and even children)*
- [Froggy Mouth](#): Great for tongue thrust swallow and abnormal swallow. *(Recommended for adults and children who have known swallowing problems. Dr. Jenny will let you know if you need to purchase this; follow instructions for sizing on link)*

**Breathing exercise tools:** *(please get all of these for breathing clinic participants.)*

- [Dental rolls for single-sided nasal breathing](#)
- [Mirror to view your airway](#)
- [Earplugs](#) (only need a pair)
- [Pom Pom squeezable toys](#) to relax your nervous system
- [Flashlight](#) or use your own/phone
- [Balloons](#) or buy at drugstore
- [Foam Roller](#)
- Starbucks stick 3x, the green plastic stick for coffee lid.
- [The Breathing App | IOS Apple](#)
- [The Breathing App | Android](#)

**Myofunctional therapy clients only.** *(Please only purchase if Dr. Jenny has asked you to do so separately)*

For Adults and Children:

- [Myofunctional Therapy Kit](#)

**Pillow suggestions for sleep.** *(Not mandatory)*

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## Adults:

- [Sutera Pillow](#)
- [Body pillow for side sleeping \(Place pillow between your knees and ankles and hug\)](#)

## Children:

- [Tri-Core Petite pillow](#)

## Books to help with your training

- [Close your Mouth](#) By Patrick McKeown
- [Oxygen Advantage](#) By Patrick McKeown
- [Breath](#) By James Nestor
- [The TMJ Healing Plan](#) By Cynthia Peterson, PT
- [Jaws: The Story of a Hidden Epidemic, 1<sup>st</sup> Edition](#) By Sandra Kahn, Paul R. Ehrlich

## TMJ and Tinnitus course supplies:

- [Up-Locker Vaccum activator](#) from Forwardontics.com
- [Mouth guard for sleep](#) (for the average person who clenches)
- [Thicker Mouth guard](#) (for someone who clenches more than usual has cracked teeth)
- Starbucks stick 3x, the green plastic stick for coffee lid. (Get a Starbucks)
- [Aqualizer](#): Ultra Medium Volume for average sized mouths or Mini Medium Volume for smaller mouths and even children
- [Sacral Wedgy for women](#) or [Sacral Wedgy for men](#)
- [Still point inducer](#) or [Turquezra Cranial Cradle \(either one, just pick one\)](#)
- [Green Stretch out Strap](#)
- [Foam roller](#)
- [Breathe right nasal strips](#)
- [Mute \(nasal dilator\)](#)
- [Nasalaid](#)
- [The Breathing App | IOS Apple](#)
- [The Breathing App | Android](#)