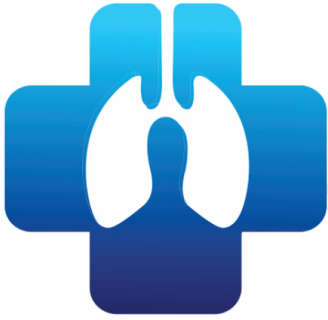




# Advanced Respiratory & Sleep Medicine

SKAND Corporation

*Pulmonary/Critical Care/Neurocritical Care/Sleep Medicine*

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## Practicing Nasal Breathing to Reduce Snoring and Improve Breathing

1. **Keep your mouth closed** while breathing.
2. Relax your tongue, positioning it to gently touch the **back of your upper teeth** and the **roof of your mouth**.
3. Breathe in and out **calmly through your nose**.
4. Practice nasal breathing throughout the day, especially before bed.
5. Mouth breathing while sleeping is an **unconscious habit**, requiring **daily practice and training** to correct.
6. Consider **placing a small piece of scotch tape** over your lips before bed as a gentle reminder to keep your mouth closed. This should not **seal the mouth completely** but rather serve as a cue to train your subconscious to breathe through your nose. If the tape falls off, replace it and continue practicing.
7. While nasal breathing may help **reduce snoring**, it may not completely eliminate sleep disorders. However, it can contribute to **improved sleep quality**.

For additional information on **nose breathing benefits**, visit: [Healthline](https://www.healthline.com/health/nasal-breathing).