

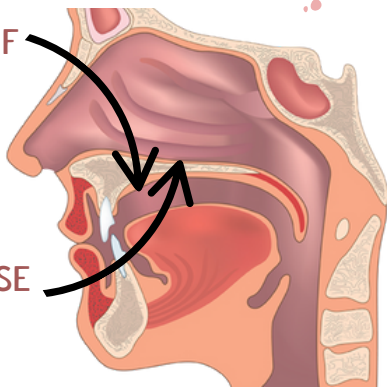
HOW ORTHODONTICS CAN HELP

TONGUE SPACE

THE ROOF OF THE MOUTH

- IS -

THE FLOOR OF THE NOSE



1 EXPANSION OF THE UPPER JAW

Widening the palate opens the nasal passages.

2 IMPROVING TONGUE POSTURE

A properly sized upper arch gives the tongue room to rest against the roof of the mouth, which supports a clear airway.

3 IMPROVING JAW ALIGNMENT

Early orthopedic appliances or jaw surgery can guide jaws into the correct position, increasing airway space.

4 CORRECTING ORAL HABITS

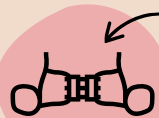
Orthodontic treatment can help break habits like thumb-sucking and mouth-breathing that can negatively impact the jaws and airway, if uncorrected.

TREATMENT FOR CHILDREN

PHASE IA
(4-6 YEARS)

PHASE I
(7-10 YEARS)

PHASE II
(11-16 YEARS)



Rapid Palatal Expander

Clear Aligners

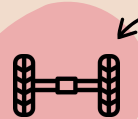


Braces

Facemask

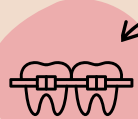


TREATMENT FOR ADULTS



Skeletal Expander

Clear Aligners



Braces

Jaw Surgery



ADJUNCTIVE TREATMENT

Myofunctional Therapy

Retraining the muscles of the tongue, mouth, and face to promote proper oral function.

TONGUE TONE

Tongue-Tie Release

Procedure that improves tongue mobility and promotes better airway function by facilitating optimal tongue posture and nasal breathing.

TONGUE TIE



ORTHODONTICS AND AIRWAY

Orthodontics is deeply connected to airway health. Since proper breathing is essential to every aspect of well-being, aligning the smile often means aligning the foundation for lifelong vitality.

TWIN TEETH ORTHODONTICS

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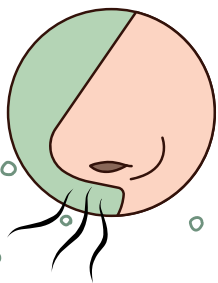
WHAT MAKES UP AN UPPER AIRWAY

1. Nose & nasal passages
2. Throat & voice box



PROPER BREATHING

- Inhaling through the nose, *not* mouth.
- Tongue on the roof of the mouth, *not* low or thrusting forward.
- Proper **tongue space**, **tongue tone**, and **tongue tie** is necessary to promote breathing.



Nose-breathing promotes superior air filtration, humidification, improves oxygen uptake, reduces stress, and improves sleep quality.

IMPROPER BREATHING

- Mouth-breathing = improper breathing!
- Chronic mouth-breathing has numerous negative side effects and leads to the health issues detailed below.

1. DENTAL EFFECTS

- Open bite, overjet, constricted arches, crowding, bad breath, staining, higher rate of cavities

2. GROWTH AND DEVELOPMENT EFFECTS

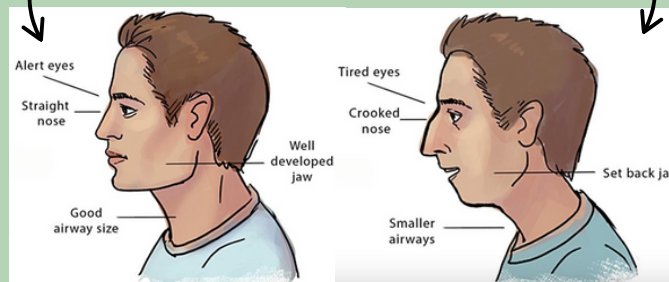
- Recessed lower jaw, elongated face, deficient growth

3. OTHER HEALTH EFFECTS

- Respiratory infections, digestive issues, enlarged tonsils and adenoids, headaches, attention deficits, sleep apnea

NOSE-BREATHING

MOUTH-BREATHING



HOW IS BREATHING TIED TO SLEEP?

- During sleep, the airway is the most vulnerable to collapse due to relaxed muscles.
- When the body struggles to breathe at night, this leads to constant micro-arousals and results in inadequate restorative sleep.
- Sleep-disordered breathing includes snoring, mouth breathing, or obstructive sleep apnea.

SIGNS AND SYMPTOMS OF POOR SLEEP

NIGHTTIME

- Snoring
- Irregular breathing
- Stops in breathing
- Frequent urination
- Bed-wetting
- Grinding
- Night sweats

DAYTIME

- ADHD
- Delayed growth
- Learning difficulties
- Poor sports performance
- Daytime sleepiness
- Irritability & anxiety
- Weight gain