

What is Orofacial Myofunctional Therapy?

Orofacial myofunctional therapy (OMT) is a series of exercises that help improve the function of your muscles in the face, mouth, and tongue.

Patients are given daily exercises during sessions with their myofunctional therapist, which improve tongue resting posture and reduce the number of apnea episodes.



Erin Britt Dental Hygienist & Orofacial Myofunctional Therapist



Erin Britt is a dedicated dental hygienist with over 12 years of clinical experience helping patients achieve optimal oral health.

As an expert in airway health and its connection

to overall well-being, Erin brings a warm, patient-centered approach to every interaction.



Shrewsbury Dental

Mon & Thurs: 8 AM-5 PM

Tue, Wed & Fri: 7 AM-4 PM

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Shrewsbury Orofacial

—MYOFUNCTIONAL THERAPY—

GUIDE TO Orofacial Myofunctional Therapy for Obstructive Sleep Apnea



RISK FACTORS for Obstructive Sleep Apnea

- Excess weight
- Naturally narrow airway
- Age (40+)
- Chronic nasal congestion
- Smoking and alcohol use
- Diabetes or high blood pressure
- Orofacial myofunctional disorders

COMPLICATIONS of Obstructive Sleep Apnea



Daytime fatigue
and tiredness



Eye issues



Increased risk of heart disease,
heart attacks, and stroke

OMT for Obstructive Sleep Apnea

This structured program of exercises strengthens and retrains the muscles of the tongue, soft palate, lips, and throat. The goal is to help keep the upper airway more stable during sleep, reducing its tendency to collapse.

When these muscles are weak or don't function properly, the airway is more likely to narrow or close during sleep, contributing to snoring and obstructive sleep apnea. By improving muscle tone and promoting proper tongue posture and nasal breathing, OMT may help improve sleep apnea symptoms by 50%.

Research suggests OMT may:

- Reduce the severity of mild to moderate obstructive sleep apnea in some people
- Decrease snoring
- Encourage nasal breathing instead of mouth breathing
- Improve tongue posture and swallowing patterns
- Enhance adherence to treatments like CPAP by making them more comfortable for some patients

It's All About the Tongue!

Did you know your tongue can play a role in obstructive sleep apnea?

In a healthy resting position, the tongue sits against the roof of the mouth, contacting the palate from front to back while the lips remain closed. This position supports a healthy jaw, proper breathing, and an open airway.

When the tongue rests low in the mouth, poor muscle function and learned habits can interfere with normal facial development. During sleep, the tongue may fall backward and block the airway, increasing the risk of obstructive sleep apnea.

Benefits of OMT

- Improved sleep quality and more energy
- Easier breathing and airway function
- Sharpened focus, mood, and memory
- Better overall health and long-term wellness



**Schedule a
Consultation Today!**