airways ACADEMY

EST. 2025

UNLOCK YOUR AIRWAY

Myofunctional Guide for Kids & Adults (4+)

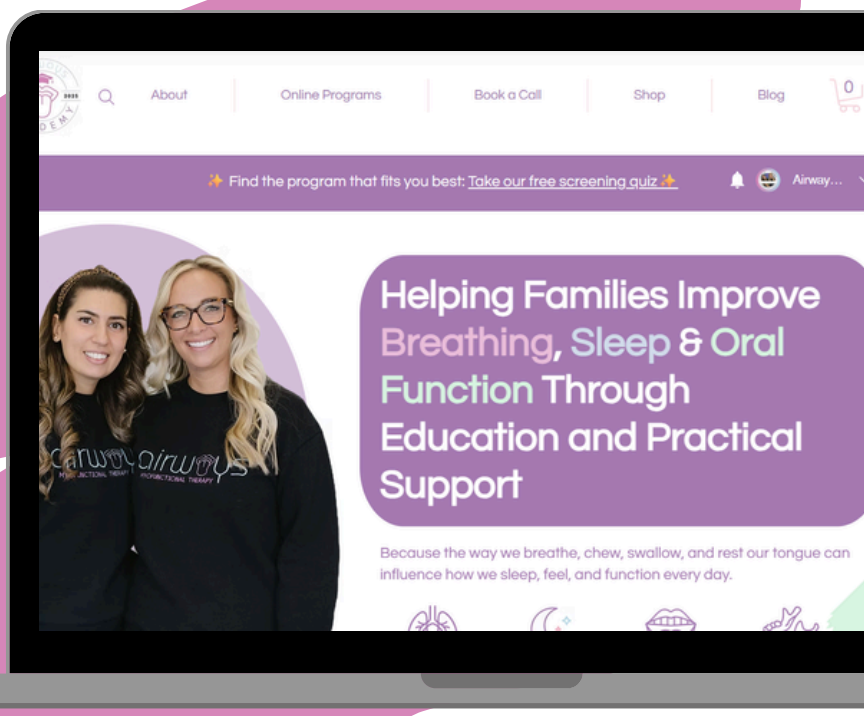


ABOUT *us*

We're Michelle & Chantal — moms, dental hygienists, and myofunctional coaches with over 13 years of experience each. We're so excited you've found your way here!

This free guide was created from the heart — shaped by our personal and professional journeys — to help families like yours understand how small changes in oral habits can lead to big improvements in health, growth, and overall well-being.
Whether you're a parent looking to support your child, or an adult curious about your own oral function, you're in the right place.— let's get started, together 💛

Check out our
PROGRAMS!



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Hey!

WE'RE HERE FOR YOU!

We're so glad you're here! Taking care of your health can feel overwhelming, and airway health is one of those essential things that's often overlooked. If you're here, you may already know a bit about myofunctional therapy and its benefits, but you might still have questions about where to begin. This guide is designed to dive deep into the basics, empowering you with practical steps to improve your breathing, sleep quality, and overall wellness. Let's get started on your journey to a healthier airway!

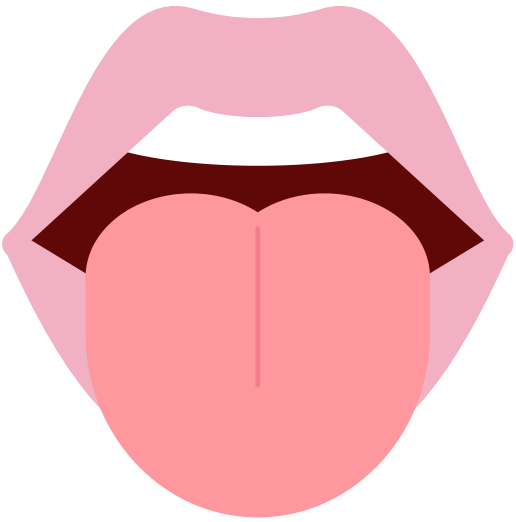


WHAT IS AN OROFACIAL MYOFUNCTIONAL DISORDER?

Orofacial myofunctional disorders (OMDs) are conditions that affect the muscles and functions of the face and mouth. These disorders involve abnormal patterns of muscle movement or coordination in the lips, tongue, jaw, and throat.

Some common symptoms and characteristics of orofacial myofunctional disorders include:

1. Tongue thrusting
2. Incorrect swallowing patterns
3. Mouth breathing
4. Speech difficulties
5. Poor oral posture
6. Sleep disordered breathing
7. Enlarged tonsils & adenoids
8. Crooked & crowded teeth
9. High vaulted palate
10. Body tension



These disorders can lead to various issues such as dental problems, speech difficulties, facial muscle imbalances, and even skeletal changes over time

WHAT IS MYOFUNCTIONAL THERAPY?

What is Myo?

Think of it like a workout routine, but for your mouth and face muscles! It's all about training those muscles to work together properly, just like you'd train your muscles at the gym.

You see, our mouth and face muscles play a big role in how we breathe, swallow, and even speak. Sometimes, though, these muscles might not be doing their job quite right. Maybe we're breathing through our mouths instead of our noses, or perhaps our tongue doesn't quite rest where it should.

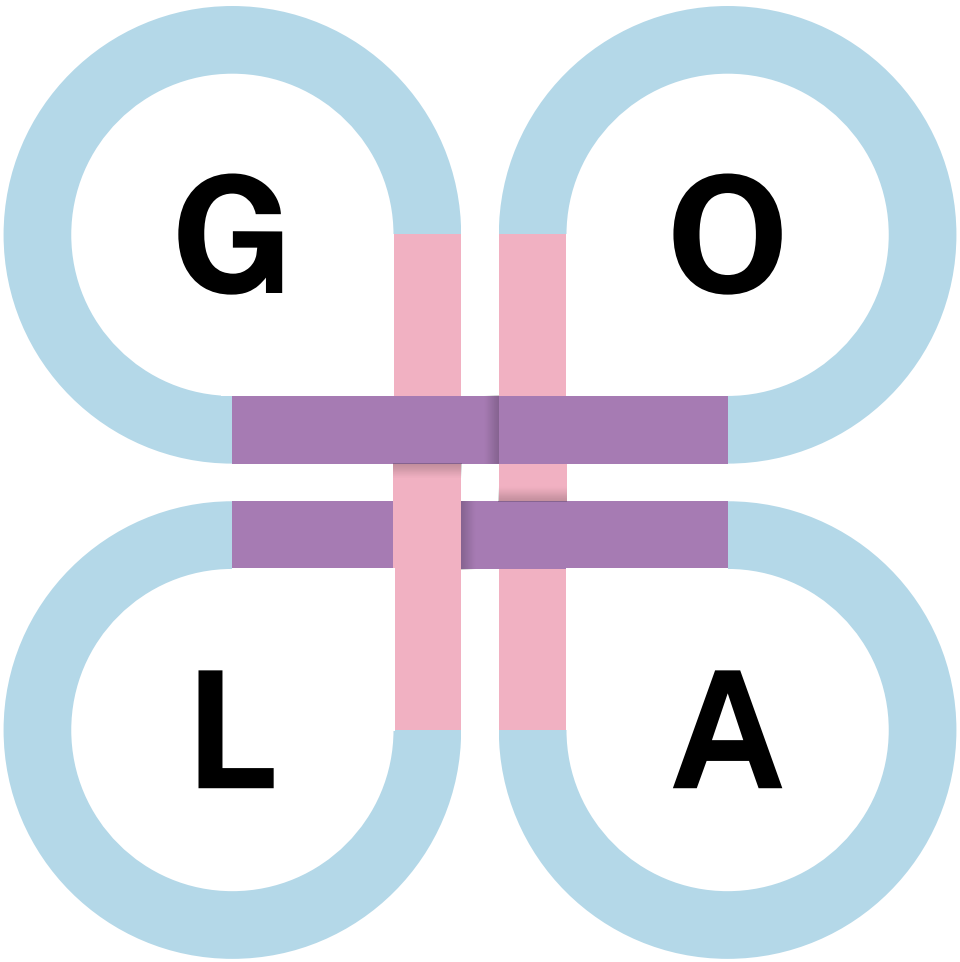
That's where myofunctional therapy comes in. It's like a coach for your mouth muscles, helping them get into tip-top shape. With exercises and techniques tailored to your needs, myofunctional therapy can help improve things like breathing, swallowing, and even the alignment of your teeth and jaw.

SEE OUR PROGRAMS! 👆



4 Goals of Myofunctional Therapy

1. Nasal Breathing
2. Correct tongue resting position



3. Lip Seal
4. Correct Swallow Pattern

Nasal Breathing CHECKlist



- [ ] Daily nasal hygiene
- [ ] Remove known allergens
- [ ] Support immune system
- [ ] Investigate physical obstructions
- [ ] Get assessed for oral ties
- [ ] Nasal breathing activities

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Not just a kids thing— it can affect any age.

WHAT TO WATCH FOR:

Signs of sleep-disordered breathing in ages 4+

1. 

Loud or frequent snoring

Regular, disruptive snoring is a key red flag.

2. 

Pauses in breathing during sleep

Noticing gaps in breathing or silent moments.

3. 

Gasping or choking sounds during sleep

Waking up suddenly or coughing.

4. 

Mouth breathing during sleep or the day

May also include dry mouth or sore throat.

5. 

Restless sleep or frequent awakenings

Tossing, turning, or waking through the night.

6. 

Difficulty falling asleep or staying asleep

Trouble falling asleep or waking up often.

7. 

Daytime drowsiness or fatigue

Feeling tired even after a full night's sleep.

8. 

Difficulty concentrating or brain fog

Hard to focus, forgetful, or mentally foggy.

9. 

Headaches upon waking

Morning headaches are common.

10. 

Bedwetting (enuresis)

Still wetting the bed beyond the typical age range.

11. 

Night sweats

Waking up sweaty or clammy.

12. 

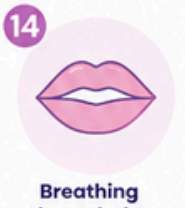
Irritability or mood swings

Increased emotions or feeling easily overwhelmed.

13. 

Difficulty waking up in the morning

Hard to get up, groggy, or still exhausted.

14. 

Breathing through the mouth during the day

Often unnoticed but very important.

15. 

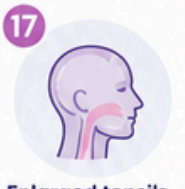
Failure to thrive or poor growth

May affect appetite, energy and growth.

16. 

ADHD symptoms may worsen

Inattention, hyperactivity, and impulsivity can be amplified.

17. 

Enlarged tonsils or adenoids

May cause blockages and chronic breathing issues.

You're not just tired. It could be more than that.

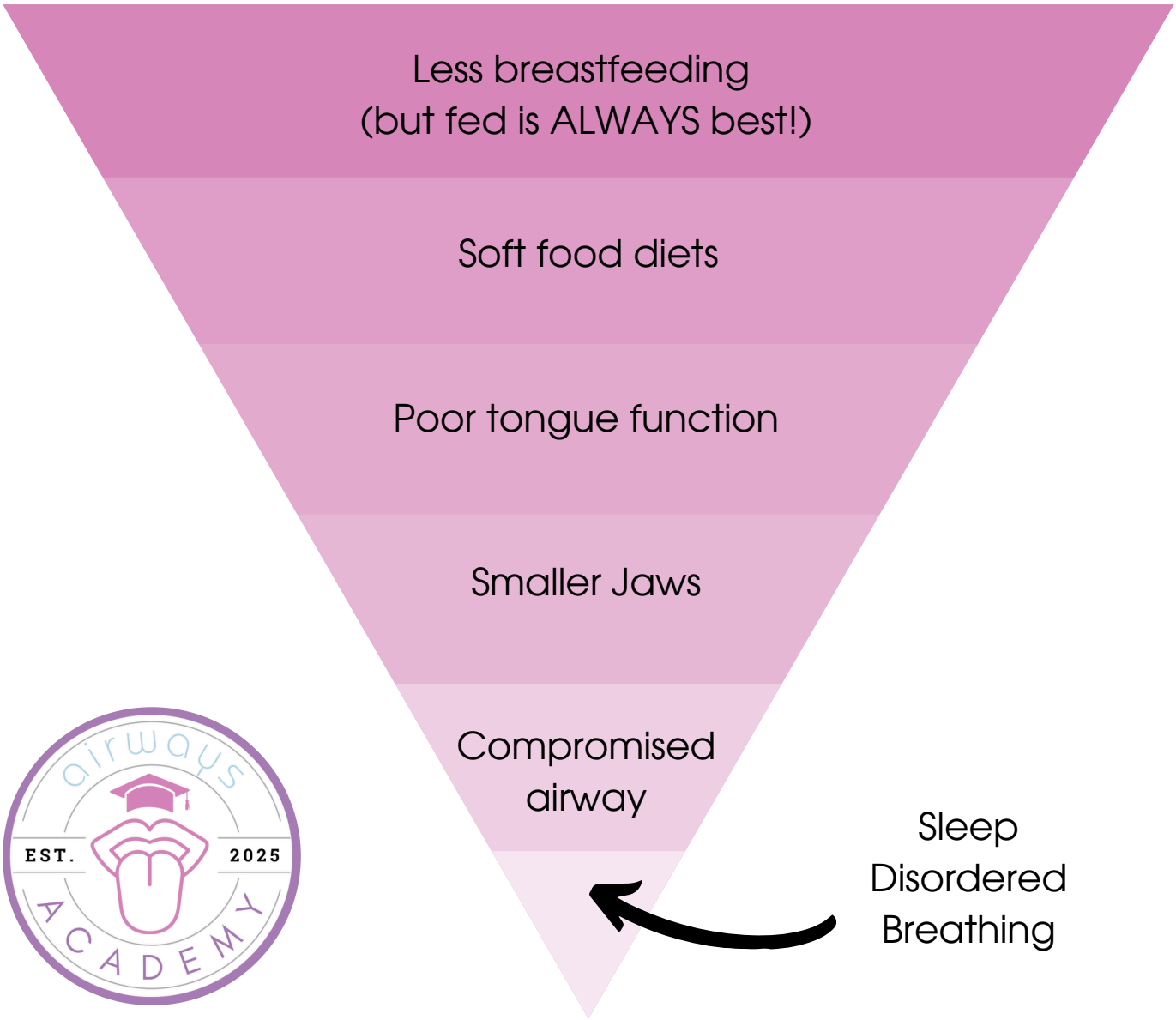


These symptoms, especially when observed together, may suggest the presence of sleep-disordered breathing and should prompt **further evaluation by a healthcare professional.**

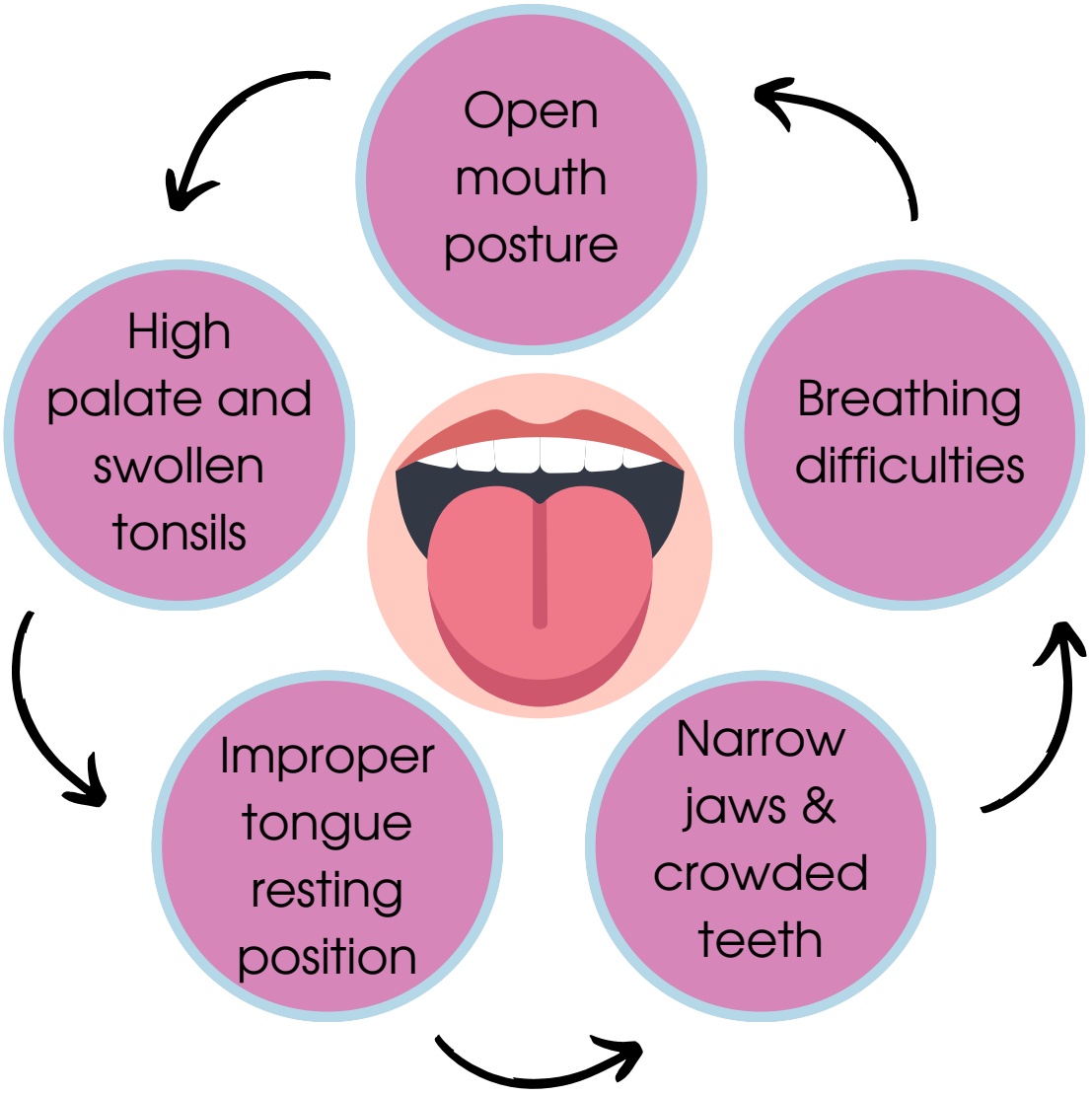
Better breathing. Better sleep. *Better life*

CAUSES OF

Oral Dysfunction



ORAL DYSFUNCTION *cycle*



Understanding the cycle is the first step toward changing it.



Can Myofunctional Therapy Help at Any Age?

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TREATMENT LOOKS DIFFERENT AT EVERY STAGE

AGES 0-4

PREVENT & BUILD

Healthy breathing & swallowing habits

AGES 4-8

CORRECT & GUIDE

Improve function & support facial growth

AGES 8-TEEN

CREATE & COLLABORATE

Make space & support structural change

ADULTHOOD

RESTORE & RELIEVE

Reduce symptoms & improve quality of life

TONGUE TIE (POST-AGE 4)

RELEASE & FUNCTION

Improve movement & long-term outcomes

BETTER FUNCTION. BETTER BREATHING. BETTER LIVING.

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RECOMMENDED PRODUCTS

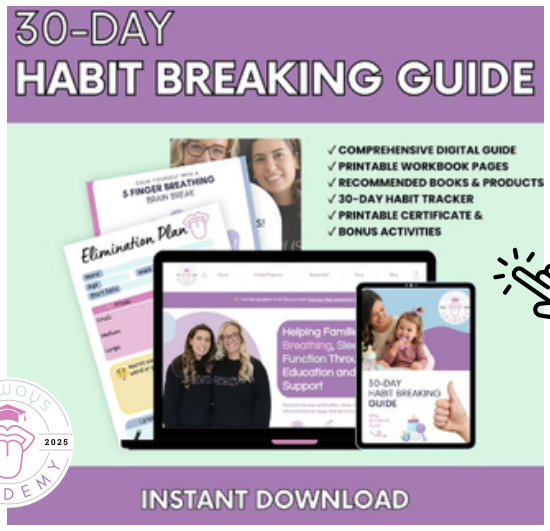
MYO MUNCHEE

A Simple Tool Designed to Support Healthy Oral Habits

The Myo Munchee is designed to support chewing, oral awareness, and healthy oral habits as part of a broader oral function routine. Suitable for children and adults, it's a simple way to incorporate healthy oral habits into everyday life.

Shop Myo Munchee

MYO MUNCHEE
SMALL DEVICE BIG IMPACT





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READY TO *level up?*

YOU'VE GOT OPTIONS!



Programs available for all ages!
18 months to 99+

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