



MYOTAPE



MYOTAPE. SAFE, SLEEP, SCIENCE WAKE UP FEELING REFRESHED

MYOTAPE



is a specialist lip tape designed to restore full-time nasal breathing during wakefulness and sleep. Nocturnal mouth breathing contributes to snoring, sleep apnea and poor sleep quality, and inhibits CPAP compliance. It negatively affects physical and mental wellbeing, and causes serious developmental issues in children, both physically and cognitively. The tape can be used for between 30 minutes and 2 hours during the day to develop the habit of nasal breathing in children. It can be applied during exercise to reduce exercise-induced asthma and improve oxygenation of the working muscles. And it can be worn all night long, so you wake feeling refreshed.

MyoTape is different from other lip tapes. First, it is designed by **Patrick McKeown**, internationally renowned breathing coach and author of *The Oxygen Advantage*, informed by 20 years of clinical practice. Second, it does not cover the mouth. Instead, it surrounds the mouth, gently bringing the lips together. You can still open your mouth and communicate easily. This eliminates risk and soothes any anxiety that may accompany your first attempt at taping the mouth. Use MyoTape in conjunction with breathing exercises for best results.



MYOTAPE FOR ADULTS

- Less mouth snoring
- Reduce sleep apnea and support CPAP
- Better sleep quality, better focus, less fatigue
- Less asthma and airway irritation
- Improve dental health
- Reduce anxiety
- Boost athletic performance and stamina



MYOTAPE FOR CHILDREN AND TEENS

- Better sleep, less tiredness
- Healthy teeth
- Healthy development of the airway
- Supports functional orthodontics
- Lower risk of behavioral disorders
- Reduced risk of learning disorders
- Better speech and listening skills

Nose breathing filters, warms and humidifies inhaled air and increases nitric oxide in the airways. Nitric oxide is important for the proper functioning of the blood vessels in the lungs. It also has proven antiviral and antibacterial properties. A new scientific review into viral load in COVID-19 states that “sealing the mouth (during sleep) with adhesive tape reduces common colds...[and] may decrease viral load during sleep [allowing] the immune system more time to mount an effective antiviral response” (Martel et al. 2020).



USE MYOTAPE TO EXPERIENCE THE BENEFITS OF NASAL BREATHING.
STAY WELL, SLEEP WELL, BREATHE WELL.