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MYOWAY
CENTERS FOR KIDS

Grow Right, Breathe Right, Live Better

MOUTH MATTERS

MYOFUNCTIONAL WELLNESS NEWSLETTER

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BENEFITS OF A GOOD NIGHT'S SLEEP

A good night's sleep is essential for both physical and mental well-being. Here are some key benefits:

1. Improved Memory and Learning
 - Sleep helps consolidate memories and supports brain function, making it easier to learn and retain information.
2. Enhanced Mood
 - Proper rest improves emotional regulation, reducing irritability, stress, and the risk of depression and anxiety.
3. Better Immune Function
 - Quality sleep strengthens the immune system, helping the body fight off illnesses more effectively.
4. Increased Productivity and Focus
 - Adequate sleep boosts concentration, decision-making, and problem-solving skills.
5. Physical Health
 - Supports heart health, maintains blood pressure, and regulates hormones related to hunger and stress.
 - Aids in muscle repair and growth, which is especially important for athletes or active individuals.
6. Healthy Weight Maintenance
 - Sleep helps regulate appetite hormones (ghrelin and leptin), reducing the risk of overeating and weight gain.
7. Lower Risk of Chronic Diseases
 - Consistently good sleep reduces the risk of conditions like type 2 diabetes, cardiovascular disease, and obesity.

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BREATHE RIGHT, SLEEP TIGHT

A Sleep Game-Changer



Myofunctional therapy plays a key role in addressing sleep-related breathing disorders, such as sleep apnea and snoring, by improving the function of the muscles involved in breathing and airway support. By focusing on exercises that promote proper tongue posture, nasal breathing, and correct swallowing patterns, myofunctional therapy helps to maintain an open and clear airway during sleep. Strengthening and retraining the muscles of the mouth, jaw, and throat can reduce the likelihood of airway obstruction, which is a common cause of sleep apnea and other breathing difficulties. Additionally, encouraging nasal breathing over mouth breathing helps to filter and humidify the air, which can further prevent issues like snoring and improve overall sleep quality. For children and adults alike, myofunctional therapy can be a valuable tool in preventing or alleviating sleep-related breathing disorders, enhancing both the quality of sleep and overall health.

"The best bridge between hope and despair is a good night's sleep."

~ E. Joseph Cossman ~