

✓ Airway Resistance Symptoms



- Mouth breathing
- Snoring
- ADHD
- Chronically enlarged tonsils
- Frequent nighttime urination
- Restless sleep
- Dry mouth
- Clenching and/or grinding
- Scalloped tongue borders
- Bedwetting
- Thumb sucking
- Chronic ear infections or ear tubes
- Frequent illness
- Chronic cough
- Acid reflux
- IBS or chronic GI issues
- Fatigue

If you answer yes to any of the listed symptoms, you could have an airway resistance disorder, such as obstructive sleep apnea. Further evaluation by a trained myofunctional therapist is recommended for individualized care.

✓ Do I have a tongue tie?



- Crowded teeth
- Mouth breathing
- Speech issues
- High cavity rate
- Orthodontic relapse (i.e. braces needed more than once)
- Dry mouth
- Frequent ear infections and/or ear tubes
- Front teeth do not touch
- Back teeth do not touch
- Sensitive gag reflex
- Picky eating
- Jaw pain (TMJD)
- Ear fullness or pain
- Difficulty swallowing (ex. pills or food)
- Unable to touch tip of tongue to top front teeth with mouth wide open

If you answer yes to any of the listed symptoms, you could have a tongue tie. Further evaluation by a trained myofunctional therapist is recommended for individualized care.