

What can functional
breathing re-patterning
help with?

Improving breathing function benefits

- Deeper sleep, feeling well rested
- Reduced snoring (mouth & nasal)
- Insomnia
- Reduce asthma symptoms & need for medication (*to be reviewed by a GP when indicated*)
- Reduce Obstructive Sleep Apnea (OSA)
- Improve compliance with a CPAP device or mandibular advancement device
- Reduce nasal congestion
- Increase protection against infections & reduce inflammation in the airways & lungs
- Calm & quieten a racing mind
- Reduce anxious & depressive thoughts
- Reduce stress & panic
- Improve blood flow to the brain
- Improved concentration, attention & focus
- Improved cognitive function
- Improved cranio-facial development (particularly in children)
- Improved dental health