

INSTRUCTIONS FOR LIP SEALING (MOUTH TAPING)

When you think of your nighttime routine, brushing your teeth, washing your face, and changing into your pajamas probably comes to mind. In fact, taping your lips has most likely never even been a consideration. Recent studies have shown that nasal breathing alone and not breathing through your mouth increases overall health and produces more restful sleep. Adults and children can use tape to gently seal, and keep, their lips together during the night in order to maintain nasal breathing.

So How Do I Use It?

1. We have found the best products to be releasable, hypoallergenic, light tape manufactured by 3M. Our favorite product is 3M Kind Releasable Silicone tape available in 1- and 2-inch widths. 3M Micropore Tape in variable widths is a less expensive alternative.
2. Ensure that any nasal congestion is cleared before applying any mouth tape. There are many methods of clearing congestion such as a Xylitol based nasal spray, a NetiPot, and Breathe Right strips, as well as some over the counter medications.
3. Ensure your lips and mouth are dry.
4. The tape will feel very sticky; however, it is releasable. If using the Micropore tape, you may stick the tape to the back of your hand two to three times to remove some adhesive.
5. Once the tape is applied to the mouth, make sure that you can comfortably breathe through your nasal passages.
6. Now, you are ready for bed. Any nighttime ritual, prayer, reading, or meditation can be accomplished as usual. Concentrate on slow, rhythmic nasal breathing and you will be assured to fall asleep.
7. If you notice in the morning that you have removed the tape overnight, it is okay, just try again the following night.
8. You may facilitate tape removal by wetting your lips from the inside out with your tongue, pushing the tape away from your lips. Once the strip is removed, use warm water to remove any residue.
9. As with establishing any habit, this may require an adjustment period of up to two to four months.

*If you are experiencing any anxiety around the idea of taping your mouth shut overnight, do not worry. This is normal. We encourage you to practice during your waking hours by taping the mouth for 20 minutes at a time.

