SleepYstrip was designed by a Buteyko Institute Breathing Educator and myofunctional dentist who dedicated his career to improving breathing and sleep for both children and adults. His years of clinical experience of problems using other kinds of tape led to the patented design of SleepYstrip. It is truly the next generation of lip tape, and has been positively changing the lives of many people around the world since its launch in 2012.
Rapidly establish the habit of breathing through the nose at night for a more restful sleep, in order to improve general health.

- Improve cellular oxygenation due to increased End Tidal CO₂ and the Bohr Effect.

- If using a myofunctional appliance, quickly achieve night time retention to speed up treatment time.

- If undertaking a myofunctional therapy or breathing program, assist with training the lips to stay closed.

- If improving physical fitness, assist with CO₂ tolerance to reduce respiratory fatigue.

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Here’s what one of our users said:

“I used standard lip tape for several months, but my lips became sore every few weeks. Every morning, when I removed the tape it felt sore on my lips. Eventually, they became so sore that I’d have to stop wearing the tape for a few nights while my lips healed. This resulted in a return to my old snoring habit and feeling less refreshed upon waking. Since using SleepYstrip I have not had to ‘rest’ my lips at all. It’s comfortable to wear and to remove every time.”

- Dr Rachel Hanson
What makes sleepYstrip superior?

- **Smart anchorage** is achieved using the cheeks and chin, so there is hardly any use of the sensitive lip tissue. This enables more comfortable wear during the medium term. Many ‘lip tapers’ complain that the lips become sensitive due to regular application and removal of their tape. Furthermore, by not anchoring to the lips they are not stretched if the user attempts to open the mouth. Lip stretching for long periods without intentional muscle contraction can negatively affect the lip musculature making it flaccid.

- Lower section **holds the mandible forwards** which can assist with opening the airway.

- **Breathing holes** which allow some mouth breathing if necessary. They also provide safety in the event of nasal blockage or vomiting.

- **Easy to adjust for breathing hole customisation.** For those who suffer from nasal congestion, or who need a ‘step-by-step’ approach to developing exclusive nasal breathing, the breathing holes can easily be turned into a single larger hole. In this case the lips are encouraged to be closed but they can also be opened when necessary. This can be useful when first getting used to lip taping.

- **Easy to adjust for size customisation.** The top and bottom of the ‘Y’ shape can easily be cut to make the tape smaller for children or people who prefer less coverage.
Day time taping

This can be a useful way to improve:

» **Breathing Awareness** – by wearing during normal household tasks you will become aware of times when you are in the habit of opening your mouth. This awareness is the first step to changing the habit. For example, you may open your mouth while watching TV, or when vacuuming the floors.

» **CO\(^2\) tolerance** – by keeping your mouth closed while active, such as during physical exercise, washing the dishes, or moving around the house, you will learn to tolerate more CO\(^2\), which over time may assist with more calm, gentle breathing patterns.

» **Physical Fitness** – by keeping the lips closed during physical exercise and allowing your nose breathing capacity to control the pace of your exercise.

» Don’t go faster than your nose breathing capacity will allow is a good rule to build your CO\(^2\) tolerance. You may find you become less ‘puffed out’ and lose less fluids during exertion.

How to Practise Breathing Awareness During the Day Time:

Pay attention to how you breathe at all times. Does your mouth come open during the day at any time other than when you are speaking? If so, it will be helpful to make an effort to keep your lips closed even without tape.
Night Time Taping

This can be a wonderful way to take a step in the right direction for your health.

When you apply the tape for the first few times, ensure that you apply it as follows:

1. Get ready for bed first – brush your teeth and so on and adjust the tape if desired
2. Apply the tape while upright
3. Get used to breathing through your nose before lying down – ideally on your side. Side sleeping can assist with reducing snoring and sleeping problems
4. Breathe gently and relax while you fall asleep
5. Gently remove the tape when you wake up by peeling the top and bottom parts towards each other

Ensure that you practise breathing awareness during the day. So consider ‘day time taping’ in the early stages while you develop a tolerance for exclusive nasal breathing while asleep.

Taping alone will not correct an underlying dysfunctional breathing pattern, or cure illnesses. Speak to a medically trained professional, or a ‘breathing educator’ such as a Buteyko practitioner if you have a breathing disorder.
The First Few Weeks of Night Time Taping

It can take a while to change a long term habit. It’s common for the tape to fall off initially, or you might unconsciously remove it during the night while your body gets used to exclusive nasal breathing at night. If the tape falls off, simply persevere for at least 4 weeks by wearing the tape on consecutive nights. If it continues to fall off after the first month, it’s a good idea to consult a medically trained professional such as an ear, nose and throat specialist to ensure that you do not have any pathology in your airways. You may also benefit from a ‘Breathing Retraining Program’ such as the Buteyko Method, or try some ‘Orofacial Myofunctional Therapy’.

How long should you use tape for?

Ideally you should continue to use the tape at night for a minimum of 3-6 months. This is the length of time usually required to establish nasal breathing when sleeping, unless you are having other therapy, such as Breathing Retraining which may speed the process up even more.

After this time it is usually possible to discontinue taping providing your lip musculature is able to attain closed lips while at rest. However, if you need to contract your lips to keep them closed, or your mouth comes open at night when not using the tape, we advise to continue using the tape and consider contacting an Orofacial Myofunctional Therapist to train your lips muscles to stay closed while at rest.

What if you have a vomiting related illness?
What if you are feeling nauseous?
What if you have uncontrolled epilepsy?
What if you are under 5 years old?
What if you are not practising day time breathing awareness?

Precautions and Contraindications for Night Time Taping
You should not tape at if you:
» have a vomiting related illness
» are feeling nauseous
» have been drinking alcohol
» feel anxious about it
» have uncontrolled epilepsy
» are under 5 years old

What if the tape is difficult or painful to remove?
Before applying to your mouth put it onto the back of your hand and pull it off 2-3 times to reduce its’ adhesiveness. Don’t rip it off in the morning. Peel it off slowly in the shower.

Many people with breathing challenges are also prone to anxiety, partly as a result of the breathing difficulties. This could also be for a variety of psychological reasons. Often their habitual breathing volume is increased part of the goal is to learn to comfortably breathe a normal volume of air through the nose.

It may take some time to become completely comfortable with this. If you are not confident that you can be comfortable then do not use tape until you have consulted a medical practitioner.
Do you suffer from nasal congestion?

Try these useful tips:

1. Wear SleepYstrip for 1-2 hours while upright and awake every day and be ‘breathing aware’

   The nose may start to block as soon as you take a single breath through the mouth. SleepYstrip can help when combined with day time ‘breathing awareness’ to keep your mouth closed more often.

2. Try the “nose clearing exercise” as follows:

   Take a small (normal) breath in through the nose, and a normal breath out through the nose, then hold the breath as long as you can without feeling anxious, as though you are safely swimming under water as far as you can. Nod the head back and forth or side to side while holding the breath. Ensure the breath is then taken in through the NOSE - lips must stay together afterwards.

   Bring the breathing back to normal quietly and gently through the nose. Sitting upright will help as it encourages diaphragmatic breathing, which calms the nervous system to a degree. Do this EVERY time the nose blocks up.

3. Dietary changes may help if you are still congested in the absence of an illness

   Consider a trial of some dietary changes. In particular follow the advice below:

   - A diet of only whole foods
     A whole food is a food that is not refined in any way. It is a food that was living not very long ago and contains no additives. Eg: fresh vegetables and fish. Eating whole foods can improve general health and reduce congestion in some people.

   - Elimination of dairy products
     It’s not all about lactose intolerance. The protein in milk can also be a problem for many people. Be aware that even small amounts of the casein protein may cause inflammation in sensitive individuals, so do not be tempted to just have any during your elimination process. Dairy should be ceased for up to 6 weeks to fully eliminate it as a cause of congestion. Calcium is better obtained from green leafy vegetables, so there is a misconception that we need dairy for calcium.

4. If the above still does not work, then further options are:

   - Breathing Retraining programs such as those run by the Buteyko Method
   - ENT specialist advice
   - Allergist specialist advice

5. Infections, other symptoms and illnesses:

   If dairy cannot be eliminated, attempt the elimination of cows milk. Goats milk could be used as an alternative, but this can still cause inflammation in some people.

   SleepYstrip is specifically to be used with chronic problems which are not life-threatening. Always seek the advice of a medical professional if you are unwell for any reason.
How to Purchase SleepYstrip

In Australia:
Purchase at Amazon Australia
Type Sleepystrip into the search bar and follow the instructions.

In Germany, Austria, Switzerland, or Holland:
Purchase at https://www.oxy-dent.de/

The rest of the world:
For orders of up to 6 boxes please go to our website and click on the international tab at the top of the screen.
If you wish to order more than 6 boxes please email us at payments@sleepystrip.com.
Please let us know how many boxes you require and where you’d like them posted to.
We will send you a tailored quote to suit your needs as soon as we can.