



The Airway Revolution
Foundation

Airway Disorders in Adults & Children

Knowledge Empowers
Action- Know More, Do
More



www.airwayrevolution.org
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Unlock the Power of Advocacy: Transforming Your Child's Future

As parents, you possess the crucial power to shape your child's success and overall well-being. Be the unwavering advocate your child needs to protect their future from the ominous specters of the "Big 4": Behavior issues, ADHD, learning and developmental challenges, anxiety & depression. These may only mark the beginning of lifelong struggles if left unaddressed.

Here is your game plan:

Step 1: Be Vigilant

Be on the lookout for:

Signs & Symptoms

- Difficulty latching or breastfeeding
- Colic-like symptoms
- Crowded Teeth
- Underbites or Overbites
- Learning disorders
- Behavior Issues
- Allergies
- Mouth Breathing
- Grinding Teeth
- Snoring
- Asthma
- Fatigue
- Anxiety
- Depression

Step 2: Ask for a Sleep Study

- Watch & record your child sleeping and share with a sleep educated professional.
- FDA approved at-home sleep tests
- Polysomnogram

Step 3: Trust Your Gut

Armed with knowledge, trust your informed intuition. Be prepared to keep advocating. Listen to your child - parents are the ultimate advocates.



Step 4: Act Early

Prevention is your best strategy, and early intervention is your second best option. The sooner, the better (think ages 1 and 2.) Beyond age 8, you'll likely find yourself managing symptoms rather than curing the underlying issue, potentially causing considerable distress on your child's life.

Unlock the Road to Vibrant Living: Taking Control of Upper Airway Disorders in Adults

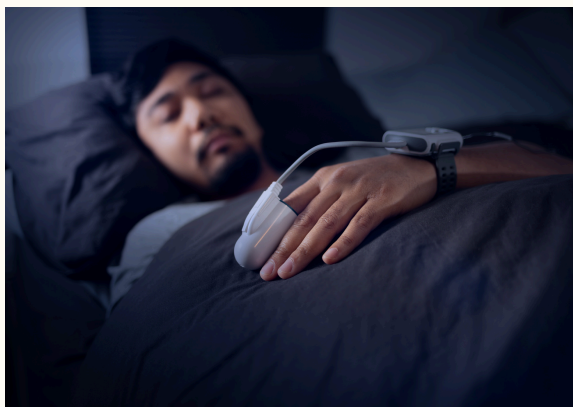
Identifying an upper airway disorder in adults is the first step in shifting a life of surviving to a life of thriving.

Here is your roadmap:



Step I: Uncover the Truth

Get a sleep study, either in the comfort of your home or through a polysomnogram.



Step II: Educate Yourself

Relying on substances like wine, melatonin, or Tylenol PM to initiate sleep, experiencing nighttime awakenings, or excessive caffeine consumption to stay alert throughout the day have become common, but these are signs of compensation. Be careful not to overlook or dismiss these signs.



Step III: Management Possibilities

Here are several options that can assist you in feeling better and navigating life more effectively.

1. Sleep hygiene
2. Weight loss
3. CBTi (Cognitive-Behavioral Therapy for Insomnia)
4. Myofunctional therapy
5. Tongue tie release
6. CPAP
7. INSPIRE
8. OAT (oral appliance therapy)
9. Palatal expansion
10. Nasal surgery
11. MMA (Maxillomandibular Advancement) Surgery
12. Medication

Your journey to managing upper airway disorders begins with awareness.



Step IV: Find a Skilled Doctor

Airway educated physicians and dentists are critical to help you successfully navigate your airway journey.



**AIRWAY
REVOLUTION**

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