

Mouth Taping and other closure options

Mouth taping is a method that is used to encourage nasal breathing. This method can be used in conjunction with Oral Appliance therapy and CPAP (depending on your mask type). Mouth closure may help improve snoring and/or restfulness; however, it is recommended that before you try these methods that you discuss with your doctor, and be aware that this is not a cure, replacement, or reason to discontinue CPAP or Oral Appliance therapy.

There are many options available but below are a few sources that you can try.

1. Orthodontic Bands

- a. These can be used as a supplement with Oral appliance therapy to improve nasal breathing
- b. Approx Cost: \$5 for 100ct (disposable) <https://tinyurl.com/2wtasc98>

2. Myotape

- a. This is made from cotton and a skin friendly adhesive, disposable
- b. Approx Cost: \$25 for 90ct <https://myotape.com/>

3. Somnifix Mouth Strips

- a. Hypoallergenic, latex free, vent for airflow, sticks to lips – **Good for facial hair**
- b. Approx. Cost: \$24.99 for 28ct (disposable) <https://shop.sleepdoctor.com/products/somnifix>

4. Nexcare (3M) Sensitive Skin First Aid Tape

- a. Gentle on skin, easy to remove, disposable
- b. Approx Cost: \$12/tape roll (available in most drug stores)

5. Snorless Strips:

- a. Hypoallergenic tape, customizable size, disposable
- b. Approx Cost \$14 for 25 sheets (each sheet can make multiple strips) <https://tinyurl.com/mtxr3hy5>

6. 3M Micropore Tape 1530

- a. Breathable and gentle on skin, slightly less adhesive than other tapes.
- b. Approx. Cost: \$2-3/roll (disposable)

7. Mouth Shield - Mouth Tape Alternative

- a. Medical grade silicone. Used inside the mouth – reusable. **Good for facial hair**
- b. Approx Cost: \$49.95 (reusable) <https://www.mouthshield.com/>

Tips:

- Discuss with a doctor first to see if mouth taping is a suitable option for you.
- Watch out for allergies, or skin reactions – discontinue use should any occur and consult your doctor
- Select an option based on your comfort, ease of use, and review with your doctor
- Some options do not work with facial hair.
- Can make you feel claustrophobic
 - Discontinue use if difficulty breathing or any other concerns arise.