



**Normal Breathing:  
the Key to Vital Health**

**[www.NormalBreathing.com](http://www.NormalBreathing.com)**

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*Manual or  
Instructional Guide*

**How to maintain  
nasal breathing  
24/7**

## **How to maintain nasal breathing 24/7**

Breathing through the mouth is a sign of chronic hyperventilation. Healthy people (over 40 or 60 s CP) do not breathe through the mouth at all. If they try, their CP will be below 40 s. On the other hand, if you observe sick people, you will notice that breathing through the mouth is their frequent characteristic.

The very first step, in order to solve this problem, is education so that you completely realize importance of nasal breathing 24/7. Hence, importance of educational pages of this website.

The second step is your irrevocable decision to breathe through the nose all the time when you are awake. Any time when your nose gets blocked, you should apply [Module 4-B \(The Emergency Procedure for blocked nose\)](#). You can do it 10, 20, or 50 times per day.

If you find that your mouth is dry in the morning, consider the following experience of Dr. Buteyko's patients. In order to ensure nasal breathing during the night, in the 1960s Russian patients invented mouth taping. First of all, it is necessary to find out if one has this problem by checking dryness in the mouth just after waking up in the morning. If the mouth is dry, the person had mouth breathing. It could begin when the person went to sleep or it could appear at 3 or 4 am. In any case, just 20-30 min of mouth-breathing resets the breathing centre to lower CPs, and such patients, as a ruler, have less than 20 s CP in the morning. Moreover, if you have a malignant tumor and your daily CP is above 20 s, your tumor will grow only during the time of the night, when you breathe through your mouth. If you have sinusitis, the pathogenic bacteria in your sinuses will multiply and colonize new mucosal surfaces when you breathe through your mouth. Organic damage to the heart muscle, growth of inflamed areas in the GI tract, advance of pathogens on your skin (in cases of eczema, psoriasis, etc.), and many other problems will appear if your mouth gets open during your sleep. Solution? You need to tape your mouth.

### **How to tape one's mouth at night to prevent mouth breathing**

For mouth taping one needs a surgical tape and cream to prevent the tape sticking. Both can be bought in the pharmacy. Micropore (or 3M) and vaselin are popular choices. First, put a small amount of cream on the lips so that it is easy to remove the tape in the morning. Then take a small piece of tape and stick it in the middle, vertically, across the closed mouth. Some students prefer to put it along or horizontally, but a small piece in the middle is sufficient. If you are afraid to “seal” your mouth completely, tape only one half of the mouth leaving space for emergency breathing.

In 2006 one of my Buteyko colleagues, Dr. James Oliver, a GP from the UK and former president of the Buteyko Breathing Association made a presentation to the British Thoracic Society about the safety of mouth taping based on thousands of cases both in Russia and in the west. Previously he conducted a survey among us, Buteyko teachers and obtained the statistical data.

Taping at night normally should be a temporary measure. When one's CP is above 20 s in the morning, mouth taping is not necessary.

### **Can mouth taping create distress?**

Majority of students have no problems with mouth taping and they breathe only through the nose during the whole night. Their mouth is not dry in the morning and they report numerous benefits of mouth taping.

However, some students may find it difficult and uncomfortable so that they remove the tape during the night. These incidents have physiological causes, including:

1. Sleeping on the back. If you turn on your back during night sleep, your breathing gets almost twice heavier and it will be very difficult to pump more air through the nose. Hence, learn the module devoted to prevention of sleeping on one's back.
2. Too warm sleep conditions. If your blanket is too warm, your breathing becomes deeper and bigger during sleep. You will wake up finding out that breathing through the nose is uncomfortable. To prevent overheating, use less warm clothes and blankets during sleep.
3. Carpets in your bedroom. Presence of carpets makes air quality tens or even hundreds times worse. During night sleep several cubic meters of air with millions of all these airborne particles, including dust, dust mites, their droppings, bacteria, viruses, etc. will enter through the nasal passages making them dryer and penetrating into bronchi and the lungs causing stress for the immune system and deep breathing. Sleeping in carpet-free rooms or covering carpets with plastic will solve this problem.
4. Very dusty pillow cases, blankets, and bed sheets create the same effect, as well as books, newspapers, hanging clothes, and old dusty curtains. Make sure that your bedroom has good air quality.
5. Closed windows during the night greatly worsen air quality in the bedroom due to poor air circulation and absence of air ions that make air cleaner. Either keep windows open or, if it is too cold or too noisy outside, buy an air ionizer/purifier and keep it running through the night.
6. Skin rashes due to extreme skin sensitivity. Try to find a hypoallergenic tape or surgical paper tape. If rashes still a problem, you can sew together two clean socks making a circle. Wear it at night around your head so that to keep your jaw closed.

### **Nasal breathing during the day**

Some older people may use mouth taping during the day, if they have memory problems or can forget about the role of nasal breathing due to other factors.

If you have family members or friendly co-workers and you want to prevent mouth-breathing during the day, tell them that your doctor (Artour Rakhimov, PhD) prescribed you nasal breathing 24/7. Ask them to pay attention to the way you breathe and remind you about your commitment to solve this problem.

Use stickers on your PC screen, doors, desks, etc. reminding you, "Breathe only through the nose". Keep a large mirror on your working desk so that you can see your face and the way you breathe through.

If you have children, promise them a small treat if they catch you breathing through the mouth.

Nasal breathing during physical exercise will be very important. Always slow down or take rest if you exercise so intensively that you get a strong urge to open your mouth.

Your struggle will not be long. You should increase your morning CP up to 20 s or more. Hence, take care about other Modules so that to move up to the safe zone and get busy with more advanced challenges in your life and your Buteyko journey.