



Optimizing Nasal Breathing, Sleep Hygiene & Circadian Alignment

Better sleep is built during the day, not just at night. These four steps work together: train your breathing while you're awake, prepare your bedroom each evening, keep your nose clear, and keep your body clock on schedule.

Step 1: Practice Nasal Breathing All Day

The way you breathe during the day is the way you tend to breathe at night. The nose filters, warms, and humidifies the air, and nasal breathing encourages slower, deeper, more efficient breaths. Making it your daytime default is the single best way to carry it into sleep.

Breathe through your nose. Keep your lips gently together and breathe through your nose during everyday activities: working, walking, watching TV. If you catch yourself mouth breathing, simply close your lips, exhale through your nose, and carry on. No forcing required; awareness does most of the work.

Mind your tongue position. At rest, your whole tongue should sit lightly suctioned to the roof of your mouth, not just the tip. The tip rests just behind (not touching) your front teeth, lips together, teeth slightly apart. This resting posture supports the airway, keeps the mouth naturally closed, and reinforces nasal breathing without any conscious effort.

Build the habit with check-ins. Tie a quick self-check to routine moments: red lights, opening your email, boiling the kettle. Ask yourself two questions: am I breathing through my nose, and where is my tongue? During walks or light exercise, keep your mouth closed and let your nose set the pace.

Take it further. These skills are the foundation of orofacial myofunctional therapy (OMT), a set of simple exercises that retrain the tongue, lips, and airway muscles that weaken with chronic mouth breathing. An easy way to build this training into your day is the **REmplenish Myo-Nozzle**, a water-bottle nozzle that adds gentle resistance to each sip and engages those same muscles every time you drink. You'll find it on our [Recommended Products](#) page.

Step 2: Prepare Your Bedroom an Hour Before Bed

About an hour before bed, start winding down and set the room up for sleep. Your bedroom should be used for sleep only; this trains your brain to associate the space with rest. Aim for three conditions:

- **Cool:** a slightly cool room supports the natural drop in body temperature that comes with sleep
- **Dark:** blackout curtains or blinds if streetlights or early sun are an issue
- **Quiet:** a sound machine (white, pink, or brown noise) can mask disruptive sounds like traffic or a snoring partner

Protect the wind-down, too: avoid alcohol, heavy meals, and vigorous exercise late in the day. All three interfere with the body's transition into deep, restful sleep.

Our preferred sound machine and blackout options are on our [Recommended Products](#) page.

Step 3: Optimize the Nose

Rinse daily. Use a sterile saline rinse (such as a Sinus Rinse bottle) once or twice a day to keep nasal passages clear.

Medicate if congested. If congestion persists, a nightly intranasal steroid can help; add an oral antihistamine during allergy seasons. Ask your pharmacist or primary care provider if you're unsure which is right for you.

Moisturize the air. A bedside humidifier keeps nasal passages from drying out overnight. A diffuser with lavender or peppermint can promote relaxation and nasal vasodilation.

Mechanically assist. Nasal dilators gently hold the nostrils open to optimize airflow. Tips for success:

- Start with the **XS size**, even if it feels small
- Use them **consistently every night**. Tolerance builds gradually, so don't get discouraged
- Stay with the XS size until you can comfortably wear them for full nights
- Once you're sleeping full nights with them, consider moving up a size for even better airflow

You'll find our preferred nasal dilators on our [Recommended Products](#) page.

Step 4: Align Your Body Clock

Work toward a **regular sleep-wake cycle** with roughly a 16:8 ratio: about 16 hours awake, 8 hours asleep.

If your current cycle is delayed (late bedtime, late wake-up), shift your bedtime earlier by **15 minutes each week** until you reach your target. Small, gradual steps stick; big jumps don't.

The most powerful tool is morning light. Get outside within 10 minutes of waking and let natural daylight (even on overcast days) reach your eyes from the periphery. Morning light shuts off your body's production of **melatonin** (the sleep hormone) and starts the natural ~16-hour timer until it begins rising again in the evening, making you sleepy at the right time.

If falling asleep is still difficult, consider low-dose melatonin (0.5–3 mg is often enough) taken one hour before your desired bedtime to help kick-start sleepiness. Talk to your pharmacist or primary care provider about what's appropriate for you.