

# Prevents Mouth Breathing

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## Step 1 — Anterior hook = no mouth breathing



- The literature is pretty clear about the correlation of sleep disordered breathing and mouth breathing. It's highly correlated.
- The TAP appliances are designed to eliminate this issue and therefore make the appliance most effective.
- You can simulate the effectiveness of the TAP by adding clasps and ortho bands. But most patients find this option overly complex.
- Another solution is to literally tape the mouth closed. Which is also an extra level of difficulty for the patient.
- Or you can simplify the treatment by prescribing a TAP appliance.