

Tools I Use to Treat My OSA and Insomnia

What they are...

Where to find them...

(Updated 5/15/23)



By Dr. Scott Saunders

TOOL #1)

CBD supplements - I discontinued these supplements because after over a year of taking and trying various CBD products, I've found I'm sleeping better without them. You may have different results with the vast selection of CBD products available.

TOOL #2)

Myo Munchee: small, durable, chewable silicone oral appliance that fits over upper and lower teeth. Can be worn during the day, or at night – which is when I wear it. I use the 'Mini' for my OSA which is an 'off-label' use.



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Tool #2 (con't)

Designed by Australian dentist Dr. Kevin Bourke to provide children with a therapeutic jaw exercise tool to wean them off pacifiers at an early age and help develop oral musculature to guide proper craniofacial-respiratory development. Numerous models to choose from (for kids AND adults). Must order from the myomunchee.com site. Ships from Australia; takes 2-4 weeks depending on various factors including Customs. <https://myomunchee.com>

TOOL #3)

Breathe Right Nasal Strips: adhesive strips placed across the nose, opening the nostrils to facilitate nose breathing during sleep. I get the EXTRA STRENGTH strips on Amazon. <https://amzn.to/3L2hFBy>

TOOL #4) Books with direct links to Amazon:

Breath by James Nestor, <https://amzn.to/3FFlqe7>

The Breathing Cure by Patrick McKeown, <https://amzn.to/39bJpGA>

Atomic Focus by Patrick McKeown, <https://amzn.to/3m1HLdW>

The Oxygen Advantage by P. McKeown, <https://amzn.to/3Fw6JLD>

TOOL #5) Wearable fitness trackers: there are many wearable trackers and brands to choose from. [Dr. Scott uses a Fitbit Versa 2]

Fitbit Versa 2 on Amazon: <https://amzn.to/3L9zDm0>

TOOL #6) Omron auto-inflate blood-pressure cuffs (sphygmomanometers); many models to choose from. Omron upper arm blood pressure monitors on Amazon: <https://amzn.to/3w12Tqv>



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