

@myohealthtampabay

WHAT YOU DO DAILY MATTERS!



**A simple
observation
guide**

Educational resource. Not a diagnostic tool.

Myofunctional Therapy Observation Guide (Free guide)

For Children & Adults

Purpose

This guide helps identify breathing patterns, oral posture, and functional habits commonly addressed in myofunctional therapy for both children and adults. It is not a diagnostic tool, but an awareness and screening resource to support individualized care and appropriate referrals.

How to Use This Guide

Observe for 7 days during normal daily routines. Check all items that apply. Repeated patterns are more meaningful than isolated events.

Observe During:

- Sleep
- Meals
- Work / School / Daily Activities

Functional Observation Checklist

1. Breathing Patterns

During Sleep

- Mouth open during sleep
- Snoring
- Pauses, gasping, or noisy breathing

During the Day

- Mouth breathing
- Chronic nasal congestion
- Difficulty maintaining lip seal at rest

Why it matters: Nasal breathing supports oxygenation, sleep quality, facial balance, and nervous system regulation at all ages.

2. Sleep Quality & Recovery

- Wakes feeling unrefreshed
- Restless sleep or frequent position changes
- Nightmares or frequent awakenings
- Bedwetting (children)

Why it matters: Poor sleep quality is often linked to airway restriction and inefficient breathing patterns.

3. Chewing & Feeding Function

- Chews on one side only
- Jaw fatigue or discomfort when chewing
- Avoids certain food textures
- Eats very fast or very slowly

Why it matters: Efficient, bilateral chewing supports jaw function, muscle balance, and airway stability.

4. Tongue Posture & Swallowing

- Tongue rests low in the mouth
- Tongue presses against or between teeth when swallowing
- Tongue does not rest on the palate

Why it matters: Proper tongue posture supports facial development in children and airway, posture, and oral stability in adults.

5. Oral Rest Posture

- Lips open at rest
- Teeth clenched or grinding
- Jaw tension at rest

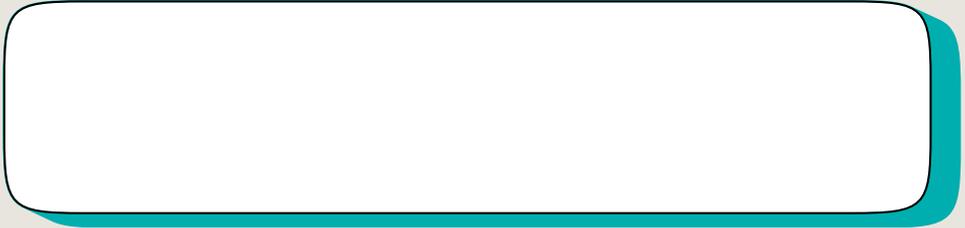
Why it matters: Ideal oral rest posture includes lips closed, teeth apart, and tongue resting gently on the palate.

6. Behavior, Focus & Body Signals

- Irritability or mood changes
- Difficulty concentrating or brain fog
- Hyperactivity (children)
- Daytime fatigue
- Headaches, neck, or jaw pain

Why it matters: Oral function and breathing patterns directly influence the nervous system, posture, and overall regulation.

Notes by Day (optional) Monday - Sunday



When to Consider a Myofunctional Evaluation

If you notice multiple checkmarks across several sections, a myofunctional therapy assessment may help determine whether oral muscle function, breathing patterns, or habits are impacting sleep, focus, feeding, pain, or overall well-being.

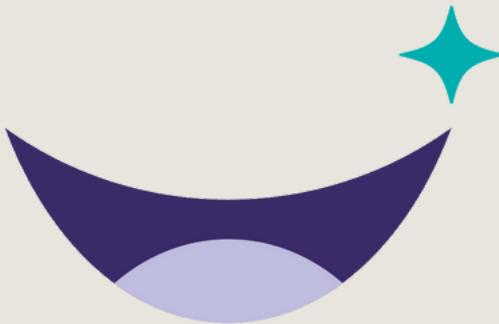
Myofunctional therapy focuses on:

- Nasal breathing
- Proper tongue posture and function
- Lip seal and oral rest posture
- Chewing and swallowing coordination
- Collaboration with dental, orthodontic, ENT, and medical providers when appropriate.

If this guide raised questions or you recognized ongoing patterns, the next step is a personalized myofunctional therapy evaluation.

👉 Schedule a free 15-minute consultation to review your concerns and next steps.

Book here: www.myohealthtampabay.com



This guide is for educational purposes only and does not replace medical or dental evaluation.