



Module 4: Beyond the Jaw

How Craniofacial Development and Dysfunctional Breathing Affect Sleep and Posture

1. Introduction and Overview - 00:00:09

- Introduction to Module 4 and the main topics: dental crowding, craniofacial development, upper airway, and their relationship to breathing and sleeping well.

2. Craniofacial Development and Breathing - 00:02:00

- Discussion on how craniofacial development affects the upper airway and predisposes individuals to dysfunctional breathing and sleep disorders.

3. Nutrition's Role in Craniofacial Development - 00:18:00

- Exploration of how nutrition impacts craniofacial development, referencing historical perspectives and dietary patterns.

4. Breathing Well and Dysfunctional Breathing - 01:00:00

- Examination of the importance of nasal breathing, the role of nitric oxide, and the impact of dysfunctional breathing on overall health.

5. Sleep Disordered Breathing and Its Consequences - 01:30:00

- Detailed look at the importance of sleep, stages of sleep, and the implications of sleep-disordered breathing.

6. Myofunctional Therapy and Orthodontics - 01:45:00

- Discussion on myofunctional therapy, orthodontic interventions, and their role in improving airway function and dental alignment.

7. Conclusion and Summary - 02:00:00

- Summary of the module's key points and a brief look ahead to Module 5.