



**Orofacial Myofunctional Therapy & Sleep Disordered Breathing,  
From Infancy Across the Lifespan:  
Phenotypes, Structures and Consensus Beginnings Around the World;  
New Data, Practical Screening Tools, and New Frontiers for Research**

*A Special Interest Group Meeting of the Academy of Applied Myofunctional Sciences (AAMS)  
at the World Sleep Society's World Sleep Congress*

**Summary:**

Obstructive sleep apnea is an endemic chronic disease which affects a high percentage of the pediatric and the adult population. Orofacial structures seem to play an important role, more and more studies showing the benefit of orofacial myofunctional therapy (OMT) for OSA patients. Besides reducing snoring, the apnea-hypopnea-index and/or OSA severity, orofacial myofunctional therapy has also shown to improve the quality of life and the adherence to CPAP treatment.

This conference will debut new data on the prevalence of orofacial myofunctional disorders, screening tools, efficacy of OMT, for infant, pediatric, adult, and senior populations, including CPAP co-treatment, telemedicine, treatment adherence, and foster greater understanding about the mechanisms involved. Speakers will present practical knowledge of immediate use and also touch upon emerging clinical markers (ankyloglossia), co-morbidities (cardiorespiratory fitness and cardiovascular disease), and science (phenotypes and precision medicine).

New consensus statements (such as the Spanish Sleep Society), multinational research projects (such as a small section in the 15-million-euro EU Sleep Revolution project), and new studies around the world will shed greater light and further demand for OMT for SDB.

Yet despite the availability of several different protocols for evaluation and for treatment published in peer reviewed journals, there is still a large variability in clinical practice. Thus, the validation of OMT by meta-analysis has been challenging as data cannot be compiled due to different treatment protocols.

Thus a further aim of this symposium is to develop an international expert-based consensus of recommendations for the protocol of orofacial myofunctional evaluation and treatment. The goal is to create a uniform base for the evaluation and for the treatment of OSA in children and in adults and thus improve the quality of care and to reduce variation in myofunctional therapy for OSA.

## **Learning Outcomes**

- Appraise the efficacy of the introduction of myofunctional therapy and its potential application into a pediatric or adult SDB clinical treatment algorithm
- Assess potential orofacial myofunctional disorders (OMDs), such as ankyloglossia and mouth breathing, and their consequences for SDB patients
- Demonstrate how to use different diagnostic tools, such as DISE and orofacial myofunctional evaluation, for recognizing phenotypes and improving the planning of personalized treatment
- Interpret how integration of OMT screening protocols could improve OSA diagnosis accuracy
- Discuss how OMT could improve conditions across the 4 OSA phenotypes

## **Co-Chairs Marc Richard Moeller, USA, Silke Anna Theresa Weber, Brazil**

Marc Richard Moeller, USA  
Introduction

Sharon Keenan, USA  
Screening & Education for Orofacial Myofunctional Disorders in Sleep Disordered Breathing

## **Pediatric Section**

Karen Spruyt, France  
Sleep and the Developing Child: Considerations for Myofunctional Therapy

Cao Bich Thuy, Vietnam  
The prevalence of Ankyloglossia amongst 9000 Danang newborns

David Tesini, USA  
Pacifier Ergonomics that can Enhance Airway Competence in Infants and Toddlers

Silke Anna Theresa Weber, Brazil  
Orofacial myofunctional evaluation in children: More than looking at muscle strength

Camila Castro Corea, Brazil  
The short evaluation of orofacial myofunctional protocol (ShOM): the challenges for the construction of a pediatric protocol for orofacial myofunctional evaluation

Hoang Anh Dao, Vietnam  
An overview of the prevalence of orofacial myofunctional disorders among 6-8 year-old children in Vietnam

Kevin Boyd, USA  
Optimizing Orofacial Myofunctional Hygiene in Early Childhood: A Key to Improving Cardiorespiratory Fitness

Maria Pia Villa, Italy  
Myofunctional Therapy & Ankyloglossia in Pediatric OSA: Pre & Post Treatment

Daniel KK NG, Hong Kong  
Myofunctional Therapy as a 1st line treatment in pediatric SDB: A call to action

## **Adult Section**

Winfried Randerath, Germany

Orofacial Myofunctional Therapy in Obstructive Sleep Apnea Syndrome: A Pathophysiological Perspective

Samantha Weaver, USA

Fundamentals of myofunctional therapy & SDB: cautionary case studies and co-morbidities

Triin Jagomagi, Estonia

Orofacial Myofunctional Disorders with SDB from an Orthodontic Perspective

Harold Hrubos-Strom, Norway

Predictors of orofacial myofunctional treatment adherence

Carlos O'Connor Reina, Spain

Myofunctional therapy with telemedicine for SDB; A promising concept

Mayumi Suzuki, Japan

Myofunctional therapy in middle-aged to elderly patients with OSA : Who will provide practical guidance ?

## **Structure and Function**

Fabio Scoppa, Italy

Tongue posture, movement, swallowing, and Cerebral Area Activation: A functional MRI study for OMT

Farhan Shah, Sweden

Myopathic changes in the upper airway of snoring and sleep apnea patients

Carlos O'Connor Reina, Spain

Myofunctional Therapy & breathing re-education across 4 phenotypes of OSA

## **Delphi Consensus Panel Discussion**

Silke Anna Theresa Weber, Brazil, Marc Richard Moeller, Co-Chairs

A position statement from an expert panel on orofacial myofunctional evaluation and treatment for OSA patients: a Delphi consensus

All Speakers (or selection therein) + discussants: Paola Pirelli, Italy, Joy Lea Moeller, USA, Oliviero Bruni, Italy, Meir Kryger, USA, Judith Owens, USA