

# Airway Resources

## Ted Talks:

- Shut Your Mouth and Change Your Life by Pat McKeown
- <https://www.youtube.com/watch?v=mBqGS-vEIs0>
- The Happiness Advantage by Shawn Achor
- [https://www.youtube.com/watch?v=GXy\\_kBVq1M](https://www.youtube.com/watch?v=GXy_kBVq1M)
- [https://www.ted.com/talks/jeff\\_iliff\\_one\\_more\\_reason\\_to\\_get\\_a\\_good\\_night\\_s\\_sleep](https://www.ted.com/talks/jeff_iliff_one_more_reason_to_get_a_good_night_s_sleep)

## YouTube:

- Finding Connor Deegan- <https://www.youtube.com/watch?v=Sk5qsmRyVcE>
- Mouth Breathing- [https://www.youtube.com/watch?time\\_continue=114&v=c6Rao9TWGTU](https://www.youtube.com/watch?time_continue=114&v=c6Rao9TWGTU)

## Books:

- Gasp! Airway Health
- Close Your Mouth
- The Dental Diet
- Why We Sleep