

REMplenish™ Myo-Nozzle Sleep & Down Syndrome

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As a parent of a child with special needs, we need to be quick on our feet to think of a way to redirect their behavior or resistance to do something to a more favorable choice on our end. This can become very emotionally draining and is further complicated by a child who is not sleeping and breathing well.

Patient History

My daughter is 14 and has Down Syndrome. She has always been very physically active but would tire easily doing activities. Often, she would stop and sit, which would make it challenging in certain situations. This made much more sense once she was diagnosed with sleep apnea. After the diagnosis she was non-compliant with CPAP, requiring me to sleep next to her to ensure that her mask stayed on. Unfortunately, she had not slept through the night in YEARS, I'm talking 10 years

In January 2023 she began using the REMplenish™ Myo-Nozzle and water bottle. In the first 4 months of use, I was so impressed with her results! In the first few months, she finally slept through the night and waking up more rested, Hallelujah. 🙌

March 2023 Update

There are other noticeable improvements as well; she is more attentive at school, and sleeping better because her tongue posture is stronger and better toned. Overall, her behavior is more relaxed and calmer, along with decreased hyperactivity; allowing us to titrate her off an ADD medication without issue. Of course, as a teenager there are still some difficult behaviors, that is par for the course. Mid-March 2024, we are scheduled for updated sleep study and are anxious to see the results. I am assuming it has gotten better and the only real change has been her using the REMplenish water bottle.



Ongoing Development

She is still a mouth breather, but her tongue tone is better, along with her speech and articulation is at a higher quality. During a period of 3-4 months between palatal expansion procedures (she's on her third one) the palatal sounds of sh/ch/zh became very succinct and her intelligibility improved by at least 30% or more. As she continues to expand her speech and articulation go through stages. At the current time it has decreased, but I expect that to return as she completes that treatment along with ongoing myofunctional therapy.

Outcomes

I am hopeful with continued use of the REMplenish water bottle and some Myofunctional therapy, she will have proper tongue posture, a good lip seal and nasal breathing, in the near future. This device is making a huge difference. Thank you REMS!