

TikTok Trend Deemed Dangerous – Interview Transcripts

SOT

Dr. Kaninika Verma, Clinical Sleep Director, OSF HealthCare

“It started with this TikTok challenge, where people would tape their mouth before they went to sleep. They thought they were sleeping better because it prevented them from opening their mouth, and somehow or another made them sleep better because they were forced to breathe through their nose.” (:18)

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Dr. Kaninika Verma, Clinical Sleep Director, OSF HealthCare

“Most of us physicians when we when we first saw this, we thought this was a joke. But clearly it's not. You can buy these mouth tapes on Amazon and CVS and all these things at these places. So it's clearly a real thing, but it is not safe at all.” (:20)

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“It is not healthy. Let's put it that way. So the bigger question is, why are you using that mouth tape? Is it because you're snoring? Is it because you're a mouth breather? Is it because your nasal passages are blocked, or what is going on that's making you do this? So there needs to be a bigger question that needs to be asked, and to take a deeper dive about that issue with a physician or a trained professional.” (:30)

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“A lot of these are just fads. There are people doing this for entertainment. So be very cautious and very careful what you believe. If you have an issue – any health care issue – please reach out to your health care professional. You know, most of us – we've trained our whole lives to do this. We've dedicated our lives to this.” (:19)