Open Airway
Kompetenz für Schlaf & Atmung

OPEN AIRWAY ACADEMY
Course 4

June 4–5, 2027 · Munich

Understanding breathing and sleep

Breathing physiology, sleep health and ENT aspects for dentistry

Patrick McKeown · Dr. Boris Chernobilsky

WHAT IT'S ABOUT

This course brings together leading experts in sleep and breathing. The focus is on the central role of breathing for health and sleep. The course explores everything about breathing and sleep as a foundation of health and shows why breathing matters for restful sleep. Participants gain solid insight into sleep, breathing and obstructive sleep apnea / airway obstruction. The fundamentals of sleep and breathing are covered from the otolaryngology and sleep medicine perspective, while the breathing coach explains breathing physiology and shows how breathing can be specifically trained.

CONTENTS

- Sleep fundamentals: sleep stages, sleep quality and their importance for health
- Breathing physiology and functional breathing patterns
- Nasal breathing, nitric oxide and CO_2 physiology
- ENT aspects relevant to dentistry: nasal obstruction, adenoids, tonsils
- Dysfunctional breathing and its structural consequences
- Breathing during sleep and sleep-related breathing disorders
- Obstructive sleep apnea and airway obstruction: causes, detection and consequences
- Autonomic regulation, stress and bruxism
- Breathing assessment and clinical integration
- Therapeutic breathing protocols and patient guidance

GOAL

To recognize dysfunctional breathing patterns, interpret ENT-related findings and integrate breath-focused strategies into dental treatment.

KEY MESSAGE

The way we breathe matters.

WHY THE ACADEMY

Practice first
Clinical workflows, live diagnostics and real patient cases you can apply on Monday morning.

Learn from the best
Experts from all over the world – Germany, Ireland, the UK, the USA and Australia – in airway dentistry, orthodontics, breathing, sleep and ENT.

Your pace, your path
Book single courses that match your interests – or the complete Airway Journey.

SPEAKERS

Patrick McKeown
Breathing coach and one of the world's leading experts on functional breathing and sleep. Trained under Professor Konstantin Buteyko, he translates breathing science into simple, practical exercises for everyday life and clinical practice. Author of The Oxygen Advantage; his method is taught by more than 10,000 instructors in over 50 countries.

Dr. Boris Chernobilsky
Double board-certified in Otolaryngology–Head and Neck Surgery and Sleep Medicine. With a special focus on sleep disorders, he established sleep surgery and hypoglossal nerve stimulation programs at two leading academic medical centers in New York City.

COURSE TIMES

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Friday 12:00 pm – 5:30 pm
Saturday 9:00 am – 5:00 pm

Course language English
Points 15 (BZÄK/DGZMK)

Point rating according to the recommendation of BZÄK/DGZMK.

GET-TOGETHER

On Friday evening, we round off the first course day with a dinner together at a special location. Drinks are on the Open Airway Academy.

COURSE FEES

Single course €1,500 plus VAT
3 courses or more save €100 per course

Coffee breaks and lunch are included in the course fee. A certificate of attendance is issued for each course.

VENUE & DIRECTIONS

Highlight Towers Munich
Mies-van-der-Rohe-Straße 6
80807 Munich, Germany

Route in Google Maps

Public transport
U6 to Nordfriedhof, then approx. 500 m on foot. Alternatively, tram 23 to Anni-Albers-Straße, approx. 400 m.

Airport
Lufthansa Airport Bus (for passengers of all airlines) to the first stop, Schwabing Nord (Nordfriedhof), approx. 25 minutes.

Car
Via the A9 or the Mittlerer Ring. Parking in the Highlight Towers underground car park.

WHERE TO STAY

INNSiDE München Parkstadt Schwabing
Mies-van-der-Rohe-Straße 10, 80807 Munich
Right next to the Highlight Towers

Motel One München-Parkstadt Schwabing
Anni-Albers-Straße 10, 80807 Munich
Approx. 5 min walk

Munich Marriott Hotel
Berliner Straße 93, 80805 Munich
Approx. 10 min walk

Steigenberger Hotel München
Berliner Straße 85, 80805 Munich
Approx. 10 min walk

No room allotment – please book directly.

REGISTRATION

Secure your spot now:
open-airway.de
Questions? mail@open-airway.de