

Daily Exercises for your Tongue & Upper Airway

*Research has found daily exercises can help improve snoring and sleep apnea. Do the following exercises each night about 20 minutes before bedtime. It is important you can breathe through your nose; if you cannot get enough air through your nose, talk to your doctor or dentist.

1. Using your toothbrush with a front to back motion, brush the top of your tongue five times and brush both sides of your tongue five times.



Tongue Brushing

2. Place the tip of your tongue against the front of the top of your mouth and slide your tongue back. Do this for three minutes.



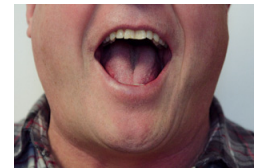
Tongue movement

3. Press your entire tongue against the top of your mouth while using an upward sucking force. Do this for three minutes.



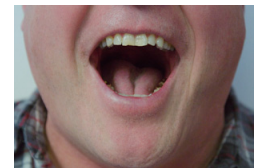
Forced tongue suction in palate

4. Force the back of your tongue against the floor of your mouth while keeping the tip of your tongue touching your bottom front teeth. Do this for three minutes.



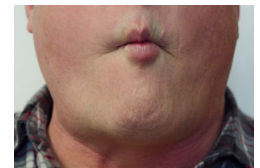
Tongue contraction

5. With your mouth open and your tongue on the floor of your mouth, say "ahhh" continuously for three minutes. Repeat intermittently for another three minutes.



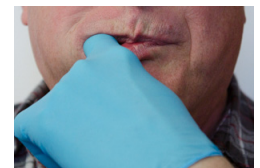
Elevated movement of the soft palate end contraction

6. With your mouth closed, produce suction movements. Do this for three minutes.



Suction movements

7. Place your finger in your mouth and produce suction movements. Do this for three minutes.



Suction movements

8. Angle your mouth left and right ten times each side. Do this for three sets of ten. Angle your mouth left and hold for ten seconds, then angle your mouth right and hold for ten seconds. Repeat six times.



Elevation of the mouth muscle and jaw movement

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*Guimaraes, K., DragerLF, Genta PR, Marcondes B., & Lorenzi-Filho, S. Effects of oropharyngeal exercises on patients with moderate obstructive sleep apnea syndrome. Am J Respir Crit Care Med. 2009; 179: 962-966.

*Ward, C., York, K., & McCoy, J. Risk of Obstructive Sleep Apnea Lower in Double Reed Wind Musicians. Journal of Clinical Sleep Medicine. 2012; 8(3): 251-255.

*Puhan, M., Suarez, A., Cascio, C., Zahn, A. Heitz, M., & Braendi, O. Didgeridoo playing as alternative treatment for obstructive sleep apnoea syndrome: randomised controlled trial. British Medical Journal. 2006. M.2300.80103.1