

## Exercises to Support Obstructive Sleep Apnea

The following are exercises that facilitate strengthening and coordination of the muscles of the face, tongue, palate that aid in keeping your airway open while sleeping.

<b>Exercise</b>	<b>Frequency</b>
<b>Nose</b>	
Nasal lavage with an application of saline in each nostril	Use Distilled water 2-3x/day
<b>Soft Palate</b>	
Elevate the soft palate and uvula while intermittently saying the vowel “A”	3x/20 repetitions
Elevate the soft palate with and without a yawn	3-5x/day
<b>Tongue</b>	
Place the tip of the tongue against the front of the palate and slide the tongue backward	3x/20 repetitions
Press the entire tongue upward against the palate	3min/day
Protrude the tongue tip forward just in front of the lips, without touching the teeth or lips, and without deviation.	Hold 3 sec- relax 5x/10 reps
Repeatedly stick the tongue in and out as fast as possible	5x/10 reps
Move the tongue to the right/left corner of the mouth and keep it pointed	5x/10 reps
Stick out the tongue. Hold a spoon upright against the tip of your extended tongue and try to push it way while your hand holds the spoon in place	5x/10 reps
<b>Facial</b>	
Forcefully press the lips together with the mouth closed	3x/30 seconds
Open and close the jaw slowly and widely, keeping the lips in contact	5x/10 repetitions
Pucker the lips (as if about to kiss).	Hold 10 secs 5x/10 repetitions
Pucker lips–hold–smile–hold	5x/ 10 reps
Pucker the lips with the mouth wide open, without closing the jaws	5x/10 reps
Close the lips firmly, and then make a “slurping” noise, as if sipping a drink, do this one especially at the dinner table ☺	5x/10 reps
Perform suction movements- for example: <ul style="list-style-type: none"> <li>• suck on a straw with an icecube at the end of it and try to keep it attached to the straw</li> <li>• suck yogurt with a narrow straw</li> </ul>	3x/30 secs



<b>Breathing</b>	
Balloon inflation with prolonged nasal inspiration and then forced blowing without taking the balloon out of the mouth	5x
<b>Swallowing and Chewing</b>	
Alternate both sides of the mouth when chewing	Incorporate while eating
Swallow with the tongue positioned on the palate, teeth touching, and without perioral muscle contraction	Incorporate while eating
Holding the tongue tip between teeth anteriorly while trying to swallow Three to five times per day	3-5x/day

The implementation of these exercises may also help in compliance of the CPAP, BiPAP, or MAD (Mandibular Advancement Device). This in turn will only help you live a higher quality of life with more energy, better sleep, and therefore reduce the progression of cardiovascular disease.

#### Reference

Felicio, C., Dias F., Trawitzki, L. Obstructive sleep apnea: focus on myofunctional Therapy. *Nature and Science of Sleep* 2018:10 271–286