

Curing The Snore

With the news this week that snoring and chronic daily headache are linked, here are simple exercises that help in reducing snoring frequency and volume, for those who don't want to take drugs daily

Tongue and throat exercises, if practiced diligently over a period of time, may be of great benefit in reducing snoring. Repeat each of the following exercises 5 times each, twice daily:

Slowly open and close your mouth to its full extent, making sure the lips meet when closing.

1. Pucker your lips (as if about to kiss). Hold for a count of 10. Relax.
2. Spread your lips into a big, exaggerated smile. Hold. Relax.
3. Mix Exercises 2 & 3: Pucker-Hold-Smile-Hold.
4. Try to pucker with your mouth wide open, without closing your jaws together. Hold & relax.
5. Close your lips and press them tightly together.
6. Close your lips firmly, then make a 'slurping' noise, as if sipping a drink.
7. Open your mouth and stick out your tongue. Be sure your tongue comes straight out of your mouth and doesn't go off the side. Hold, relax and repeat several times. Work toward sticking your tongue out farther each day, but still pointing straight ahead.
8. Stick out your tongue and move it slowly from corner to corner of your lips. Hold in each corner, relax and repeat several times. Be sure your tongue actually touches each corner each time.
9. Stick out your tongue and try to reach your chin with the tongue tip. Hold at the farthest extension.
10. Stick out your tongue and try to touch your nose with the tongue tip. Hold at farthest extension.
11. Stick out your tongue. Hold a spoon upright against the tip of your extended tongue and try to push it away while your hand holds the spoon in place.

12. Repeatedly stick your tongue in and out as fast as you can.
13. Flick your tongue from corner to corner as quickly as you can.
14. Move tongue all around your lips in a circle as quickly as you can, making sure you stay in constant contact.
15. Open and close mouth as quickly as you can, making sure your lips close each time.
16. Say 'Ma-Ma-Ma-Ma' as quickly as possible, ensuring there's an 'em' and an 'ah' sound each time.
17. Repeat with 'La-La-La-La.'
18. Repeat with 'Ka-Ka-Ka-Ka' as quickly and accurately as you can.
19. Repeat with 'Kala-Kala-Kala-Kala.'
20. Gargle loudly with warm water.
21. Sing through the vowel sounds (A-E-I-O-U) as loudly as you can (or dare).
Songs like 'Old McDonald Had a Farm' are also good.

Further information Further advice for patients can be found in Scott E. Dr. The
Natural Way to Stop Snoring Talkaboutsleep.com britishsnoringentnet.org snoring.com