



Dr. Eckler • Dr. Black • Dr. Leung
— ORTHODONTISTS —
"SmileSolutions"

Breathing Tongue Exercise

1. Place tongue on "N-Spot"
2. Close lips and focus on keeping tongue up on the "N-Spot"
3. Take deep breaths in and out through the nose while keeping tongue in place without touching the teeth
4. Each breath should be approximately 8-10 seconds
5. Start this exercise by doing for 2 minutes at a time at least twice a day
6. Add a minute every week and try to work up to 5 minutes



**Touch The Roof Of Your Mouth With
Tongue And Breathe For *2 Minutes***