Sleep Apnea Exercises Cheat Sheet

Thank you once again for taking my Sleep Apnea Exercises e-course!

This cheat sheet* is an unadvertised bonus for subscribers who have taken the e-course, and is a companion to my comprehensive book on proven sleep apnea treatments, Cure Your Sleep Apnea Without CPAP (including case studies of 9 sleep apnea survivors!)

To learn more about Cure Your Sleep Apnea Without CPAP, please click the link below:

http://www.apneatreatmentcenter.com/survivors

This sheet is a summary of the 5 alternative sleep apnea exercises covered in the e-course you just completed (these are among the 15 alternative sleep apnea treatments described in my book). You can use this sheet as an “at-a-glance” guide to the exercises.

I hope you enjoy it!

To your good health,

Marc MacDonald, M.Sc.

P.S. If you would like to learn about all 15 alternative sleep apnea treatments described in my ground-breaking book, please click the link below:

http://www.apneatreatmentcenter.com/survivors
Disclaimer: The materials presented herein are not meant to replace medical advice. This cheat sheet simply provides a summary of treatments that have been used by others. Because of the serious, long-term health issues of sleep apnea, it is recommended that any treatment be discussed with your own physician. If an alternative method of treatment is perceived to be successful, it is recommended testing through traditional medical sources to verify your results.
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1. Mouth & Throat Exercises

♦ Applicable for: mild to moderate apnea; may help reduce severe OSA.

Please click here: Sleep Apnea Exercise.com

♦ Description of treatment

- Mouth and throat exercises focus on the throat, jaw, tongue, and soft palate.
- The exercises work all oropharyngeal (upper airway) muscles by eliminating fatty tissue, tightening flabby muscles in the throat, and opening your airway.

♦ How to do it:

- Verify level of apnea with sleep study
- Practice the tongue, throat, soft palate and jaw exercises regularly for at least 20 minutes (30 minutes would be ideal) per day for 3 to 4 months.

♦ Risks and Benefits

- Non-Invasive
- Risk-free
- Financially friendly
- 3 to 4 months (30 to 40 minutes a day) of regular practice has been reported to either significantly reduce or completely cure obstructive sleep apnea symptoms.
Sample Throat Exercise:

Tiger Yell

The action for this exercise requires you to open your mouth wide, which mimics the facial features of a tiger about to yell or roar. No noise is required, unless you want to yell. The goal is to strengthen the muscles at the back of your throat.

How to do the “Tiger Yell” Exercise

1. Stand in front of a mirror.

2. Open your mouth as wide as you can and stick out your tongue as far as you can, in a downward position as if you are trying to lick your chin.

3. The uvula, that small bell shaped piece of tissue at the back of your mouth, needs to lift upwards when your tongue is stuck out.

   The mirror helps to ensure that the uvula is actually moving upwards. In no time at all, you’ll feel when it’s lifted up and you won’t need a mirror.

4. Hold the lifted uvula position for 5 seconds and then relax.
Sample Tongue Exercise:

**Tongue Slide**

The goal here is to strengthen and tone both your throat and tongue muscles.

### How to Do the “Tongue Slide” Exercise

1. Keep your head up and look straight ahead. Initially, use a mirror to see that your head is positioned correctly and look directly into your own eyes.

2. Place the tip of your tongue against the back of your upper teeth.

3. Slowly slide your tongue backward as far as it will go along the roof of your mouth.

4. Hold for a few seconds and then relax.

5. Repeat steps 1-4 for a total of 10 times.
Sample Soft Palate Exercise:

**Soft Palate Blowing**

This exercise can be done in either a standing or sitting position.

<table>
<thead>
<tr>
<th>How to Do the “Soft Palate Blowing” Exercise</th>
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<tbody>
<tr>
<td>1. Close your mouth and inhale gently through your nose.</td>
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<tr>
<td>2. Press your lips together to form a resistance and exhale by blowing the air out from your mouth. Try to maintain the blowing out action for 5 seconds.</td>
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<tr>
<td>3. Tighten your abdomen while exhaling.</td>
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<tr>
<td>4. Repeat steps 1-3 for a total of 10 times.</td>
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<tr>
<td>5. Perform these repetitions 4 times a day.</td>
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Sample Jaw Exercise:

**Jaw Tension Relief Exercise**

Use a mirror for this exercise to ensure your jaw is moving up and down.

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<tr>
<th>How to Do the “Jaw Tension Relief” Exercise</th>
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<tbody>
<tr>
<td>1. With a closed mouth, allow your teeth to just touch.</td>
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<tr>
<td>2. Position your tongue in a resting position, with the tip lying behind the upper front teeth.</td>
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<tr>
<td>3. Arch your tongue against the roof of your mouth.</td>
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<tr>
<td>4. Slide the tip of your tongue back as far as it will go along the roof of your mouth.</td>
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<tr>
<td>5. Keep your tongue in this position and slowly open your mouth until your tongue can no longer rest on the roof of your mouth.</td>
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<tr>
<td>6. Repeat steps 1-5 for 5 minutes, twice a day.</td>
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2. Singing Therapy

♠ Applicable for: mild to moderate obstructive sleep apnea; may help reduce severe OSA.

For detailed information about the singing for sleep apnea program, please click here: http://www.apneatreatmentcenter.com/singing

♠ Description of treatment

- Singing exercises tone the soft palate, tongue, and throat muscles so that they do not collapse or vibrate during sleep.

♠ How to do it

- Verify level of apnea (sleep study)
- To fully strengthen the tongue and throat, the exercises must be done each day for at least 20 minutes. Thirty minutes would be ideal.
- Ideal to combine singing exercises with other types of sleep apnea exercises (including mouth and throat exercises for sleep apnea).

♠ Risks and Benefits

- Minimal cost
- Great fun
- Reduce the risk of having to undergo an invasive surgical procedure at some future date
- Marked improvements without any harmful side effects
- Boost your psychological health
Easy Singing Exercise:

1. Sit or stand in a comfortable position with your back straight.

2. Say the syllables “Ung-gah” in a singing tone. Your soft palate will move down to touch the back of the tongue on the first syllable and then move up and away on the second syllable.

3. Continue to sing these syllables energetically for a few minutes at a time, several times a day.
3. Didgeridoo Therapy

♦ Applicable for: Mild to moderate apnea; may help reduce severe OSA.

For detailed information please click here: DidgeridooForSleepApnea.org

♦ Description of treatment

- Playing the didgeridoo strengthens and tones the tissues of the throat, and can also provide good exercise for the respiratory system.
- Didgeridoo is played using a special breathing technique called “circular breathing”. This involves breathing in through the nose while expelling air out of the mouth using the tongue and cheeks.
- Playing the didgeridoo using “circular breathing” dilates your airway and stiffens the airway walls, and develops muscle tone and control. Your sleep apnea and snoring is thus significantly reduced or completely cured.

♦ How to do it

- Verify level of apnea with sleep.
- Purchase the right instrument or make your own bamboo didgeridoo. You can also use a PVC pipe to make your didgeridoo.
- Use circular breathing techniques in playing the didge.
- Be patient. Stay focused, practice as often as possible, and most importantly, have fun.
♦ Risks and Benefits

- Budget friendly
- Risk-free
- Fun, quirky, and interesting way to approach sleep apnea and other sleep disorders like it
- Requires patience to learn the circular breathing technique.
- Regular 3 to 4 months practice is reported to bring positive results.

### Circular Breathing Didgeridoo Exercise:

1. Sit comfortably in a chair with the didgeridoo resting on the floor between your feet.

2. Inflate your cheeks with air, then place your lips firmly around the tip of the didgeridoo so that the air remains in your mouth.

3. Inhale and exhale slowly through your nose several times until you feel the separate actions of breathing through your nose and maintaining a supply of air in your mouth. Relax.

4. Inhale through your nose and exhale through your lips into the didgeridoo while maintaining both a firm lip hold on the instrument’s tip and keeping your cheeks puffed out.

5. Continue with this circular breathing pattern throughout the exercise. This pattern is the key to playing the instrument as it allows the continuous droning sound to stay unbroken. Initially, you may only be able to make a squeaking sound.

But, with practice, you’ll blend the two motions into one circular breathing cycle that will strengthen your mouth and lung muscles.
4. Yoga Breathing

Applicable for: Mild to moderate obstructive sleep apnea; may help reduce severe OSA.

For detailed information please click here: http://www.apneatreatmentcenter.com/yoga

Description of treatment:

- Sleep apnea is literally the “want of breath during sleep”. Yoga addresses the underlying cause of the problem, by improving your breathing techniques and opening up your nasal passages.
- Yoga breathing exercises strengthen the diaphragm and increase oxygen intake. They are also excellent for weight management.
- These exercises alleviate obstructive sleep apnea symptoms and sleep disturbances.

How to do it:

- You can use three basic breathing techniques in Yoga to treat your sleep apnea. These breathing techniques are Deep breathing, Bhastrrika breathing, and Kapalbhati breathing.
- The above mentioned Yoga breathing techniques are practiced through a series of exercises which you need to do in 8 stages.

Risks and Benefits:

- Improves your breathing ability
- Better breathing control can reduce, or eliminate, various symptoms associated with sleep disorders, including sleep apnea
- Weight loss.
- Reduced stress levels
• Healthier heart and lungs
• Head and spine coordination
• Requires patience and regular practice

**Easy Yoga Breathing Exercise:**

The goal of this exercise is to enhance your lung capacity, tone your upper airway, and alleviate throat blockages.

1. Sit in a cross-legged position on the floor, place your feet on the opposite thighs, and keep your upper body straight.

2. Relax in this position, closing your eyes, and breathing deeply through both nostrils.

3. As you inhale, contract your neck muscles and make a soft, low grunting sound.

4. Hold your breath for as long as you can.

5. Use a finger to close one of your nostrils while you exhale out of the other nostril.

6. Repeat steps 2-5 above reversing the open and closed nostrils.

7. Repeat the entire process for several minutes, 3 to 5 times a day.
5. Buteyko Breathing:

- Applicable for: Mild to moderate apnea; may help reduce severe OSA.

Please click here for more information: http://www.apneatreatmentcenter.com/buteyko

♦ Description of treatment:

- Corrects hyperventilation which can cause many disorders including sleep apnea. Buteyko breathing technique normalizes the ratio of oxygen and carbon dioxide in the bloodstream.
- The underlying principles or the three pillars form the basis of Buteyko Breathing Techniques are:
  - Nasal breathing
  - Reduced breathing and
  - Relaxation

♦ How to do it:

- Verify level of apnea with sleep study if not already done.
- Nasal breathing exercises are done to protect the airways by humidifying, warming and cleaning of the inhaled air. Additionally, nasal breathing promotes carbon dioxide and nitric oxide concentrations within the lungs.
- Reduced breathing exercises are done for breath control which can help in providing relief to many breathing disorders
- Relaxation exercises are done to reduce chances of attacks of rapid breathing and the overall symptoms.
**Risks and Benefits:**

- Drug and medication-free approach
- Simple-to-follow instructions
- Can be followed by both adults and children with the assurance of quick and satisfying results
- The breathing techniques can be incorporated in the everyday activity of the practitioner and does not require any gadget or device to help the patient during practice.

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**Buteyko Nose Breathing Exercise:**

If you can’t locate a Buteyko clinic or instructor, and you want to try one of the nose breathing exercises, here are a few tips:

1. Sit comfortably in a chair, with your feet flat on the floor.

2. Breathe in slowly and gently, no exaggerated inhales.

3. Hold your breath for a few seconds.

4. Exhale slowly and gently.

5. Repeat steps 2-4 for a period of 3 minutes.

**Note:**

1. As you become accustomed to this exercise, try to hold, or control pause, your breathing for more time before exhaling. When you start to feel uncomfortable, exhale slowly. This method can be used with yoga relaxation exercises.

2. Remembering to breathe through your nose is easier if you place your tongue against the roof of your mouth, with the tip of your tongue touching the back of your teeth.
Wrapping Up

Those are the 5 alternative sleep apnea treatments, in a nutshell!

**At this point you might be thinking, now what do I do?**

If you are serious about taking your health in your own hands, I strongly recommend you check out my ground-breaking book. The book contains:

- 112 pages of actionable information on alternative, non-CPAP sleep apnea treatments
- 9 case studies of men and women who have completely cured their sleep apnea without CPAP
- Names and website addresses of doctors and medical centers who specialize in alternative sleep apnea treatments.
- And much, much more!

To learn more, please click the link below:

[http://www.apneatreatmentcenter.com/survivors](http://www.apneatreatmentcenter.com/survivors)