



& Sleep Apnea Solutions

Long Island Dentistry PLLC Long Island Snoring & Sleep Apnea Solutions

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Jaw Exercises

2x a Day

5 Reps 3 sets 5 seconds

(When doing these exercises, go slow and avoid jerking movements)

- 1.) Place your tongue to the roof of your mouth. Open your mouth as wide as you can keeping your tongue touching the roof of your mouth. Close gently and release your tongue.
- 2.) Place Left fist against left side of lower jaw. Relax lower jaw, push lower jaw to the side.
- 3.) Place Right fist against right side of lower jaw. Relax lower jaw, push lower jaw to the side.
- 4.) Push your lower jaw out, like a Jay Leno jaw and make a fist. Place in front of your chin and then relax jaw and push in, this will feel slightly uncomfortable, that is normal.
- 5.) Using one hand, place your thumb on your upper tips of your teeth and your middle finger on your lower tips of your teeth. Using your fingers, push your teeth apart extending your mouth open. Remove your fingers and close your mouth.

