ATLAS
ORTHODONTICS
PERIODONTICS

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

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