







Study finds mouth and tongue exercises significantly curb snoring

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Effects of Oropharyngeal Exercises on Snoring: a Randomized Trial
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	<p>1) push the tip of the tongue against the hard palate and slide the tongue backward (20 times)</p>		<p>2) suck the tongue upward against the palate, pressing the entire tongue against the palate (20 times)</p>
	<p>3) force the back of the tongue against the floor of the mouth while keeping the tip of the tongue in contact with the inferior incisors (20 times)</p>		<p>4) elevation of the soft palate and uvula (20 times)</p>
	<p>5) recruitment of the buccinator muscle against the finger that is introduced in the oral cavity, pressing the buccinator muscle outward (10 times each side)</p>		<p>6) alternate bilateral chewing and deglutition using the tongue in the palate, without perioral contraction, whenever feeding.</p>

Oropharyngeal, or mouth and tongue, exercises significantly reduced the frequency of snoring by 36 percent and total power of snoring by 59 percent. Credit: American College of Chest Physicians and Vanessa Ieto

A Google search using the key words "snoring" and "treatment" yielded over 5 million results, but no standard treatment is available for primary snoring or snoring associated with a mild form of obstructive sleep apnea (OSA). But, there is hope for all of those sleepless bed partners—a

Brazilian study published today in the Online First section of the journal *Chest* finds that in patients with primary snoring or mild OSA, oropharyngeal, or mouth and tongue, exercises significantly reduced the frequency of snoring by 36 percent and total power of snoring by 59 percent.

Snoring is one of the most common symptoms associated with OSA and is caused by vibration of the soft tissues obstructing the pharynx during [sleep](#). However, most people who snore do not have OSA. The prevalence of snoring in the general population varies widely (from 15 to 54 percent) mainly because most studies rely on self-reporting by patients. Despite the evidence that snoring is a major burden to our society, the management of patients with primary snoring or mild OSA has been poorly investigated.

Treatment of primary snoring varies widely and includes avoiding alcohol and sedatives, avoiding lying flat on the back to sleep, weight loss, treatment of nasal problems, palate and upper airway surgeries, and use of dental sleep devices.

"Past studies have focused on self-reporting questionnaires. New forms of treatment for snoring focusing on objective measures were needed. We tested the effectiveness of oropharyngeal exercises to reduce snoring," said Geraldo Lorenzi-Filho, MD, PhD, study author, "the exercises significantly reduced snoring in our study group."

Exercises included:

- Pushing the tip of the tongue against the roof of the mouth and sliding the tongue backward
- Sucking the tongue upward against the roof of the mouth, and pressing the entire tongue against the roof of the mouth
- Forcing the back of the tongue against the floor of the mouth

while keeping the tip of the [tongue](#) in contact with the bottom, front teeth

- And elevating the back of the roof of the mouth and uvula while saying the vowel "A"

"This study demonstrates a promising, noninvasive treatment for large populations suffering from snoring, the snorers and their bed partners, that are largely omitted from research and [treatment](#)," said Barbara Phillips, MD, FCCP, President-Designate, American College of Chest Physicians, and Medical Director, Sleep Laboratory at the University of Kentucky College of Medicine. "Frankly, this will change the advice that I give to my patients who snore. And that's a lot of people."

More information: The complete study, "Effects of oropharyngeal exercises on snoring: a randomized trial," is available for download in the Online First section of the journal *Chest*:
journal.publications.chestnet. . . px?articleid=2292637

Provided by American College of Chest Physicians

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