

ASSIGNMENT SUMMARY: Using the [content outline](#) write a new article. Utilize the [internal links](#), [keywords](#), and [people also ask questions](#) throughout your article to ensure we are being thorough. Add your work to the [article](#) section of this document. The final word count should be ~1,200 - 1,500 words (or however many is needed).

OLD ARTICLE:

MAIN TOPIC OF THE CONTENT: Mouth and Throat Exercises to Help Stop Snoring

GOAL AND DIRECTIVE:

Goal: To inform readers about the effectiveness of mouth and throat exercises in reducing snoring and to provide a guide on how to perform these exercises.

Directive: Offer the reader a step-by-step approach to mouth and throat exercises that can alleviate snoring, with the aim of improving sleep quality.

SEARCH INTENT:

Informational: Readers are looking for non-invasive ways to address their snoring issues.

Navigational: Providing a how-to guide for exercises that can help reduce snoring.

Transactional: Readers may also be looking for related products like MedCline's pillows that help reduce snoring.

AUDIENCE PERSONAS:

SERP INSIGHTS:

The type of content that appears on the SERP results from Google's first page.

About 19,500,000 results
9 Organic Results
0 Paid Results
1 Featured Snippet

0 Video Box
1 People Also Ask
0 Shopping Results
1 Related Searches Box

0 News Box

0 Scholarly Articles

WORD COUNT: 1,200–1,500 words

IMAGE COUNT: 3–5

Based on the top 10 competitors on the SERP

LIST OF KEYWORDS:

Keyphrases	Est. Searches/Mo.	KW Difficulty
Exercises to Stop Snoring	320	41
snoring exercises	390	49
mouth exercises for snoring	210	46
exercises for snoring	170	46
tongue exercises for snoring	140	49

RELATED KEY PHRASES TO AIM FOR:

Try to incorporate as many of these related keywords as you can naturally.

- Throat exercises for snoring
- Mouth exercises for snorers
- Snoring remedies
- How to reduce snoring with mouth exercises
- Throat strengthening to prevent snoring
- Daily exercises to stop snoring
- Sleep quality
- Breathing techniques
- Muscle toning
- Oral exercises
- Sleep apnea exercises
- Vocal exercises for snoring

- Myofunctional therapy
- Palatal exercises
- Tongue exercises
- Mouth snoring
- Sleep apnea exercises
- oropharyngeal exercises
- Anti snoring exercises
- Breathing exercises for snoring
- Exercises to prevent snoring

PEOPLE ALSO ASK:

Questions that appear on the SERP for our targeted keywords.

- Do snoring exercises work?
- What exercises can I do to stop snoring naturally?
- What is the trick to stop snoring?
- What sleeping position is best for snoring?
- What is the trick to stop snoring?
- How can I sleep with my mouth closed naturally?
- Does strengthening neck muscles reduce snoring?
- How do you position your neck to stop snoring?
- Does raising your head really stop snoring?
- Does sleeping with a neck pillow help with snoring?

INTERNAL LINKING:

Anchor Text	URL
MedCline Sleep Solutions	https://medcline.com/collections/all
Address Poor Sleep Patterns	https://medcline.com/blogs/acid-reflux/natural-remedies-for-poor-sleep-patterns

CONTENT OUTLINE:

Feel free to rearrange these however, you see fit for the flow of the article (although, please leave the heading tags as they appear):

- Throat and Mouth Snoring Exercises for Quiet Sleep (title/h1)
- Introduction:
 - Brief explanation of how snoring occurs and its impact on sleep.
 - Introduction to mouth and throat exercises as a non-invasive solution.
- The Science Behind Snoring (h2)
 - Understanding the role of mouth and throat muscles in snoring.
 - How strengthening these muscles can lead to reduced snoring.
- Assessment of Snoring Severity (h2)
 - How to determine if your snoring might be a sign of a more serious condition.
 - When to seek medical advice before starting exercises.
- Basic Mouth and Throat Exercises (h2)
 - Detailed instructions for tongue slides, stretches, and curls.
 - Jaw exercises: tension release and strengthening.
 - Soft palate blows and lifts for improved airflow.
- Advanced Exercises (h2)
 - Singing exercises: specific notes and patterns to target throat muscles.

- Myofunctional therapy: exercises tailored for snoring.
- Pranayama: yoga breathing techniques for respiratory control and relaxation.
- Creating a Routine (h2)
 - Step-by-step guide to building a daily exercise routine.
 - Tips for maintaining consistency and motivation.
 - How to track progress and recognize improvements.
- Lifestyle Changes to Complement Exercises (h2)
 - Dietary adjustments that can reduce inflammation and congestion.
 - The role of body weight in snoring and how to address it.
 - Sleep hygiene practices to enhance the benefits of exercises.
- Integrating Exercises with Snoring Pillows (h2)
 - How snoring pillows can complement the exercises listed in this article outline
- Monitoring Your Progress (h2)
 - Tools and apps for tracking snoring and sleep quality.
 - Signs that indicate improvement or the need for further intervention.
- Conclusion:
 - Call-to-action to shop MedCline's product line

TITLE, URL, and DESCRIPTION:

Title: Snoring Exercises: Effective Techniques for Quiet Sleep

Meta Description: Master snoring exercises for a silent night. Follow our step-by-step guide to enhance sleep quality. Start your journey to tranquility today!

Slug: /snoring-exercises

Please provide sources for your information in case the client wants to include them or fact-check.

Please start writing the article on the next page

Content Type	MedCline blog
Target Keywords	snoring exercises exercises to stop snoring mouth exercises for snoring exercises for snoring tongue exercises for snoring
URL Slug:	/snoring-exercises
Meta Title	Snoring Exercises: Effective Techniques for Quiet Sleep
Meta Description	Master snoring exercises for a silent night. Follow our step-by-step guide to enhance sleep quality. Start your journey to tranquility today!
Grammarly Score	97
Plagiarism Checker	No plagiarism found
Hemingway Score	8th
Copyscape	none
Word Count	1622
Internal links (1-2)	5 links
External links (1-2)	8 links
First sentence	Include target keyword (snoring exercises)

Throat and Mouth Snoring Exercises for Quiet Sleep

[Research](#) shows that mouth and throat snoring exercises are an effective and non-invasive solution for mild snoring. By toning the airway muscles, these mouth exercises help to stop snoring from occurring so frequently and loudly. They can even improve mild to moderate obstructive sleep apnea (OSA) cases, in which snoring is accompanied by breathing that stops and starts repeatedly.

In this comprehensive guide, we'll walk you through all the details, explaining how mouth exercises for snoring can enhance your sleep quality. Let's get started.

The Science Behind Snoring

Before looking at how to reduce snoring with mouth exercises, it's essential to understand [why snoring happens](#) in the first place.

When we fall into a deep sleep, the muscles in our mouth, tongue, and throat relax. If these tissues become too loose, they can block our airways. As we try to push airflow through, it causes the rattling sound of snoring.

When you do mouth and tongue exercises for snoring, it can tone your airway, strengthen the muscles in your tongue, and help you breathe through your nose. [Researchers have found](#) that these exercises can help stop the tissue in your throat from vibrating and reduce snoring.

Assessment of Snoring Severity

To determine if your snoring is something to be concerned about, first examine how often you snore. Occasional snoring is common and usually caused by temporary issues like exhaustion, dehydration, or congestion.

However, if you snore three or more times a week — also known as habitual snoring — it could be a sign of something more serious. [Habitual snoring](#) is one of the most common symptoms of disordered breathing, closely linked with sleep apnea.

If you habitually snore or suspect that you may have sleep apnea or another sleep disorder, seek medical advice before starting any snoring remedies on your own.

Basic Mouth and Throat Exercises

Mouth exercises, also called [myofunctional therapy](#) or oropharyngeal exercises, involve toning the muscles in your face, mouth, throat, soft palate, and tongue.

The main goal is to improve the muscle function in the upper airway to keep it clear. It can also help you reposition your tongue and breathe through your nose.

These exercises don't have to be elaborate to be effective. Here are a few simple techniques to help strengthen the tongue, throat, and facial muscles.

Tongue Exercises for Snoring

Tongue Slide – Move the tip of your tongue against the back of your top front teeth. Then, slide the top of your tongue back, moving the tip along the roof of your mouth to strengthen your throat and tongue muscles.

Tongue Stretch – Stick your tongue out as far as possible, or try to touch your nose or chin with your tongue. Hold this position for 10 to 15 seconds, gradually increasing the duration.

Tongue Curls – Curl up your tongue until you form a tube shape. Hold this position for five seconds.

Jaw and Palatal Exercises for Snoring

Jaw Stretch – This anti-snoring exercise strengthens the jaw, throat, and facial muscles. First, close your mouth tightly and purse your lips. Next, open your mouth and relax your lips and jaw.

Soft Palate Blows – Keep your mouth tightly closed and inhale through your nose. Press your lips together on the exhale and breathe out slowly through your mouth for a full five seconds.

This exercise will both stretch and strengthen your soft palate for improved airflow. You can also use a balloon to achieve the same goal. Take five large breaths through your nose and blow up a balloon. Then, exhale into the balloon and release as much air as possible.

Soft Palate Lifts – Say the vowel “A” 20 times to elevate your uvula and soft palate.

Advanced Exercises

When you're ready to take things up a notch, here are a couple of advanced snoring exercises.

Vocal Exercises for Snoring

Singing warmups and training can help with snoring by toning and strengthening your pharyngeal muscles. [One controlled study](#) found that patients with mild to moderate sleep apnea saw significant improvement in their symptoms after three months of daily singing exercises. This improvement included a reduction in the severity, frequency, and loudness of their snoring.

When implementing vocal exercises into your routine, focus on repeating and pronouncing individual sounds when singing. For example, you can sing various vowels at different pitch levels. Helpful singing techniques also include trilling your tongue and lips and humming.

Pranayama: Yoga Breathing Techniques

[Pranayama](#) is a breathing technique that originates from yogic practices and involves controlling your breath in different ways. This practice can improve respiratory control and stabilize your airway while you sleep. It's also relaxing and calming, setting you up for a peaceful night. Here are a couple of breathing exercises for snoring that are easy to implement.

Alternate Nostril Breathing – This method may also help relax your body and mind and relieve stress. To start:

1. Close your mouth and relax your jaw.
2. Press your right thumb on your right nostril and inhale deeply through your left nostril. Rest your pointer and middle finger between your eyebrows.
3. As you exhale, close your left nostril with your ring and pinky fingers and breathe out completely through your right nostril.
4. Keeping your left nostril closed, breathe in through your right nostril.
5. Close your right nostril with your thumb and exhale through your left nostril.

Repeat this process about 10 times to help clear your nasal passages and improve airflow.

Lion Pose – This breathing technique exercises your tongue and stimulates your neck muscles. To get started:

1. Sit in a kneeling position.
2. Open your chest and press your palms on your knees.
3. Inhale through your nose.

4. Exhale forcefully through your mouth while making a “ha” sound.
5. Open your mouth wide and stick out your tongue as far as possible.

Creating a Routine

Mouth exercises work best when done for at least 10 minutes a day. Existing research shows it takes at least three months to notice any difference in snoring or OSA. To stay consistent in your daily exercises to stop snoring, dedicate a specific time of day to do them — in the morning, evening, or both. Schedule them into your calendar and set notifications in the beginning so you don’t forget.

Lifestyle Changes to Complement Exercises

Pairing your mouth exercises with specific lifestyle choices can help further reduce the likelihood of snoring. Here are a few examples.

- **Adjust your diet.** Staying away from certain foods can help reduce your risk of snoring. For example, dairy products can increase mucus production and cause nasal congestion. Highly processed and sugary foods can also cause inflammation and weight gain.
- **Maintain a healthy weight.** Excess weight and obesity are frequently linked with snoring. That’s because extra weight around your neck can change the structure and function of your upper airway. Eating a nutritious diet and regularly exercising can help you keep the weight off.
- **Practice good sleep hygiene.** Establishing healthy sleep habits can also enhance the benefits of your mouth exercises. For instance, set a sleep schedule and stick to it, avoid screens before bed, and establish calming rituals before going to sleep.

Integrating Exercises with Snoring Pillows

Your sleeping position can also affect whether or not you snore. For example, your airways are more likely to narrow and block your airflow when you sleep on your back. [Research](#) shows that sleeping on your side can decrease the severity of snoring and other sleep apnea symptoms.

Positional pillows, like MedCline’s Sleep Solutions, can help address [poor sleep patterns](#). Unlike other sleep wedges, our anti-snoring pillows have patented arm pockets that keep you

comfortably in a side sleep position. Our sleep pillows also help reduce [acid reflux](#) at night, preventing the backflow of your stomach contents from reaching the throat and worsening your OSA symptoms.

Monitoring Your Progress

As you stay consistent with your oral exercises, there are various ways to track your progress. Here are a few options.

- Many **fitness trackers and smartwatches** have sleep-tracking features and typically monitor your movement and heart rate. Some also detect snoring patterns.
- **Smartphone apps** use your phone's sensors to track your sleep and provide information about your snoring, sleep duration, and sleep cycles.
- **Bedside monitors** stay on your bedside table or under your mattress to monitor your sleep. They can track movement, snoring, heart rate, and breathing patterns.
- **Smart mattresses** have built-in sensors that monitor your sleep patterns and snoring. They often connect to your smartphone for easy analysis.

When to See a Doctor

These tools can provide valuable insights but aren't a substitute for professional medical advice. Consult a healthcare professional if you continue to have concerns about your snoring and sleep quality.

Some snoring cases also indicate a more serious issue like sleep apnea, which can be detrimental to your health if left untreated. Talk with your doctor if you're experiencing the following symptoms:

- Loud snoring accompanied by gasping, choking, and snoring
- Daytime sleepiness and fatigue
- Mood changes
- Morning headaches
- Altered attention span
- High blood pressure

Conclusion

Mouth exercises are a safe, non-medical approach to snoring. You don't need any special equipment to get started, and you won't have to worry about any side effects from this type of therapy. Snoring exercises are also likely more effective when combined with other lifestyle treatments, like changing your diet or sleep position.

At [MedCline](#), we want to help you get a better night's sleep in the least invasive way possible. Our anti-snore pillows are backed by science and offer safe, non-medication solutions. Made with adjustable memory foam stuffing, our seamless design features full body support and a patented arm pocket to keep sleepers elevated and comfortably in place.

For more information about how our wedge pillows can help with snoring, head to our [MedCline FAQs](#) or contact our team of [Sleep Specialists](#) today!

Resources

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Chandra, Anuj, and Manoj Sharma. "Yogic Pranayama and PAP Therapy: Is There a Connection?" *Journal of Clinical Sleep Medicine*, 2015, <https://doi.org/10.5664/jcsm.6862>.

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Resources not cited:

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<https://helpmedicalsupplies.com/blogs/main/sleep-apnea-exercises>

<https://www.healthline.com/health/myofunctional-therapy#therapy-types>

<https://yogainternational.com/article/view/simhasana-lion-pose/>

<https://manmatters.com/blog/5-simple-yoga-exercises-to-stop-snoring/>

<https://www.artofliving.org/in-en/yoga/pranayama/nadi-shodhan-alternate-nostril-breathing>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6848556/>

<https://www.webmd.com/balance/what-is-pranayama>