

How To Sleep Better, Breathe Better, and Look Your Best, Too (Part Two)

In my [previous post in this series](#), I shared some of the astounding facts about how your tongue and the way you swallow can create major impacts on your body and your health. Today, I'm writing about how you can assess your own tongue position, and giving you some of my favourite tongue exercises to get your swallowing super functional and healthy!

How's YOUR Tongue Posture?

The obvious way to assess your habitual tongue position is simply to start noticing where your tongue rests in your mouth. If it pushes against your top front teeth or sits down at the bottom near your lower front teeth, it's not in the right spot. Try to check into it multiple times over a day to get a true picture of where your tongue usually lives.

As well as this straightforward assessment, you can look for other clues that your tongue may have wayward tendencies.

First, try paying attention to your breath. Are your lips constantly parted? This is a common sign of mouth breathing. If you notice that you regularly breathe through your mouth, it's quite possible that your tongue is not living in the right place.

Also, consider whether you have any of the typical symptoms related to poor tongue posture. Dental issues, including a gap between your front teeth or a cross-bite, tooth grinding or TMJD, headaches and neck pain are all possible signs.

If you find signs that your tongue does not habitually rest well behind your top front teeth, with the back pressing firmly into your palate, then I'd recommend getting further evaluated by a professional.

Tongue Exercises!

I have a list of 10-12 tongue exercises that I do daily to help me retrain my tongue and facial muscles. Here are a few of the most awesome ones for you to try.

Get Your Forward Head Back

'Head forward' position is not the most creative term, but it's pretty easy to understand what it means: a position in which the head is held thrust forward of the body, and the chin is lifted into upward rotation.

When the head is constantly held forward, the weight of the head pulls on the back of the neck and shoulders, often leading to neck pains and headaches. It also makes it impossible to swallow correctly.

This simple exercise will help you slide your head back to where it belongs.

Put The Tip Of Your Tongue On The Spot

Here's how to find the correct spot for the tip of your tongue:

