

How To Sleep Better, Breathe Better, & Look Your Best Too (Part One)aa

What single group of muscles can make your whole body stronger, improve your balance, make your face more attractive, give you better posture (and less headaches and neck pain), help you sleep better at night, improve your breathing and even save you money on dental bills?

Believe it or not, it's your TONGUE! Which is probably the most important body part that no-one ever thinks about!

Like the rest of the world, I never would have guessed that my tongue (and my tongue position) was a big deal. In fact, I'd been teaching movement for almost three years before I started paying any attention to my tongue.

That's when I met my wonderful dentist and learned that [my tongue position](#) is actually – most likely – the root cause of all of my body issues!

What's more, I've learned that like me, many, many modern humans don't hold our tongues the right way and can't swallow properly. This can be a contributing factor in an unbelievable number of body things.

So today, I'm sharing what I've learned about tongue position and swallowing mechanics.

Even though this sounds weird and you may not feel it applies to you, my suggestion is that you read on.

Where your tongue lives in your mouth affects how you breathe, how you look, how you sleep, and even how strong your body is – just for a start!

If air, your facial appearance, your sleep and your strength matter to you, then this is seriously need-to-know information!

Although it seems strange to think of the tongue as being a majorly big deal, it actually makes a lot of sense.

First, your tongue and swallowing is how you get food into your body.

Obviously we'd die without eating, so even just the mechanics of getting food into us means the tongue is huge right there.

And of course, the sense of taste isn't just there for fun. It's vital to keeping us alive by distinguishing between stuff that's good for us to eat and stuff that's poisonous.

Plus, we're constantly taking foreign substances into our mouths – including bacteria and viruses that can be seriously harmful. Bumps on the back of the tongue help catch and destroy all those nasty guys. Which means our tongues are a major part of our immune system's defence network.

Pretty important, right?

Your body certainly thinks so – the tongue is packed with sensory nerves and a truly enormous amount of your brain space is dedicated to the tongue. In fact, neuroplasticity expert Norman Doidge calls the tongue "[the royal road to the brain](#)" in his fascinating book, [The Brain's Way Of](#)

