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Clinical analysis of pharyngeal musculature and genioglossus exercising to treat obstructive sleep apnea and hypopnea syndrome

Key words: Obstructive sleep apnea and hypopnea syndrome, Non-surgical management, Exercise, Genioglossus Valsalva Maneuver, Pharyngeal musculature,

If you got the problem like the people on the left picture



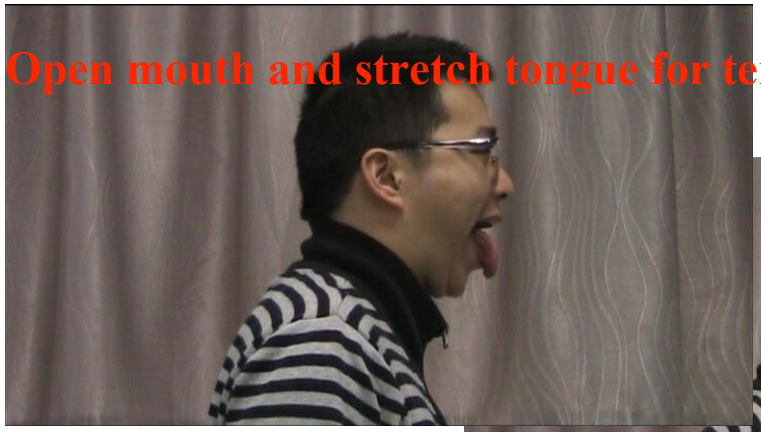


And you don’t want to be put on stuff to keep you safe during sleep like the people on the right picture.

Meanwhile, you don't want to undergo an operation. Then you should try the exercising on the next slide.

Exercising methods

Open mouth and stretch tongue for ten times every day and night

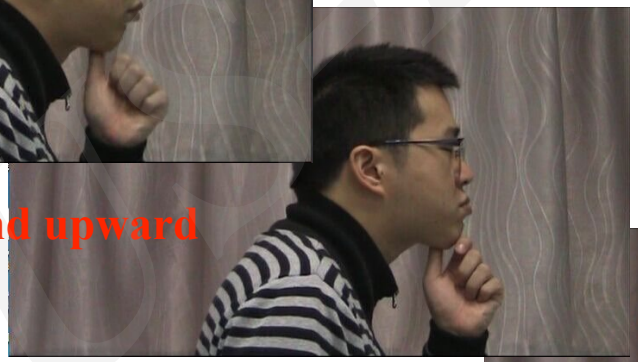


Use the thumb pulp to massage the submental area for 1 minute everyday



Use thumb to push the chin forward and upward

ten times everyday



Blow the cheeks for ten times every day for a minimum of 5 seconds each time.



Hold the nose, close the mouth and blow for ten times a day for a minimum of 5 seconds each time.



Close the mouth, inhale and exhale slowly and deeply through the nose 20 times each night.

pharyngeal musculature and genioglossus exercising is

non-invasive

effective

minimal cost

to treat some OSAHS patients

JZUS-B