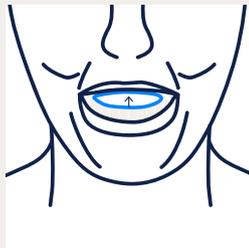


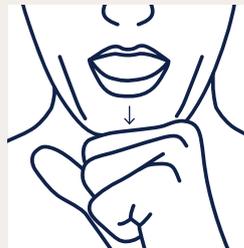
How to do Morning Mouth Exercises



Exercise 1

→ **Tongue up**

Push tongue up to roof of your mouth and hold for 10 seconds



Exercise 3

→ **Jaw down**

Place fist under chin.

Push jaw into fist and repeat 10 times.



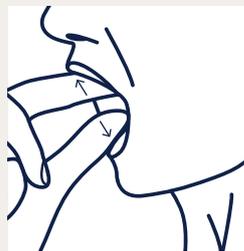
Exercise 2

→ **Jaw sideways**

Place hand on the lower jaw bone.

Push jaw sideways against hand and repeat 10 times.

Repeat on the right side.



Exercise 4

→ **Jaw open**

Place points of two fingers inside your mouth.

Separate fingers to open jaw.

Hold for 10 seconds.

