



SLEEP
MEDICINE



FACIAL
PAIN



TMJ
DISORDERS



HEADACHES
&
MIGRAINES

Muscle Reprogramming Exercise

The Postural N Position:

The natural postural position is one with the least muscle strain, the most relaxed position.

In the face, the most natural, relaxed postural position is the N position.

Except during function (chewing, swallowing & speaking), the mandible should be in a relaxed rest postural position with the teeth separated.

N Position:

When pronouncing the letter N, the tip of the tongue touches the back of the upper front teeth. Notice that the teeth are slightly separated (not touching). The lips should be closed once the N position is attained.

The Exercise:

Say the letter N in front of a mirror. Verify that the teeth are NOT touching. Once attained, relax the tongue to the rest on the floor of the mouth and lips closed.

Recommendation:

1. Repetition- reprogram muscles:
 - Six repetitions/day.
 - Each repetition you will repeat the N position 6 times and each time hold in place for 6 seconds. (6x6x6)
2. Relax the muscles. As you repeat this exercise *think* about relaxing the muscles of the face, shoulders, forehead, lips, and tongue.
3. Place *reminders* on your smart phone or post-its around the office or house as mental alerts to separate the teeth and as a reminder to repeat the exercises.
4. Avoid chewing gum and other repetitive oral habits throughout the day.

Memberships and Fellowships

Diplomate, American Board of Dental Sleep Medicine
American Academy of Dental Sleep Medicine
American Academy of Orofacial Pain
American Academy of Craniofacial Pain
American Academy of Sleep Medicine
International Association for the Study of Pain
American Dental Association
California Dental Association
Ventura-Santa Barbara Dental Society
Academy of Laser Dentistry
American Association of Implant Dentistry
International Congress of Oral Implantology