



Recommendations

Follow these recommendations daily for a better therapy outcome



Breathing Reset

Use a little drop of essential oils and rub hands together until they feel warm. Cup hands around nose and mouth. Close the eyes and breathe in slowly for a few minutes.



Nasal Hygiene

Clean nose with warm water and saline spray or drops into nose, then blow.



Spot Awareness

Place a small piece of coloplast (or sticky candy, elastic, mint leaf, coconut flake..) and hold with your tongue lightly suctioned for at least 15min. a day.



Gargle

Gargle with cold water for about 30 seconds. Practice gargling. These exercises will strengthen the muscles of the back of your throat and encourage correct swallowing.



Lip Taping

Obtain kinesiology tape. Follow the instructions provided. Rest Lips quietly. Participate in quiet activity.*Only do this if you have had an evaluation with me and ENT.



Humming

Relax your body. Breathe in slowly for about 4-5 seconds. Start humming as the air naturally comes out of your nose. When you feel the urge breathe in slowly again. Repeat for 5min.



SLEEP HYGIENE

Follow the steps below for a restfull night of sleep: 1-2 hours before bed

- ✓ Turn lights down at sundown
- ✓ No screens
- ✓ Take a warm bath
- ✓ Play soft music
- ✓ Read a book
- ✓ Diffuse Lavender EO
- ✓ Meditate
- ✓ Turn temperature down
- ✓ Black out room or eye mask
- ✓ Watch the Sunset
- ✓ No caffeine after 12pm
- ✓ Avoid heavymeals/workout