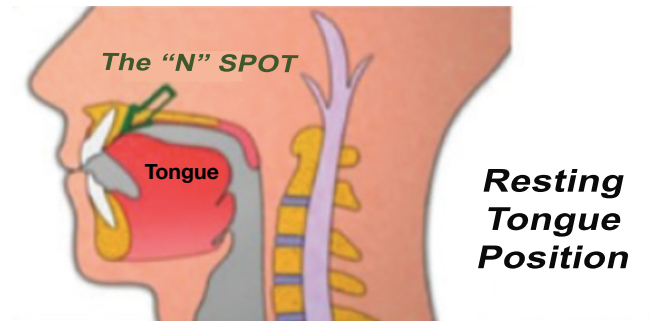




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— ORTHODONTISTS —  
"SmileSolutions"

## TONGUE POPS



Duration: 10 times for 10 seconds each time  
Frequency: 3 times a day

1. **Placement:** Put the tip of your tongue on the N-spot behind your top front teeth (the bumpy ridges).
2. **Suck Up:** Suck your tongue against the roof of your mouth. Again your tongue should be behind your teeth and not touching them.
3. **Pop:** Pull your tongue down hard so that your tongue makes a loud popping sound. Remember the "pop" sound is different than the 'clicking' sound made by flicking the tongue on the bottom of the mouth.

### Tips for this exercise:

1. Look at your tongue in a mirror during the entire exercise.
2. If you have a hard time making the sound loud start out softly with a simple suck and pop. With each pop, suck the tongue to the roof a little longer and try to make it louder than the previous one. The louder it is, the better you're working your tongue muscles. Try to make it a little louder each day.

*Remember it takes about 3 months to make or break a habit!*