


LIGHT ORO & MY CARDIO ROUTINE

Uvula Lift/ Soft Palate	Open your mouth and stick your tongue out, raising your uvula (the dangling piece of flesh in the back of your throat) and soft palate as far as possible, then release it. Perform continuously for three minutes.
Spoon in Cheek/ Throat & Neck	Place the round side of a teaspoon or tablespoon into one side of your mouth against the inside of your cheek. . Hold the spoon against your cheek, pushing outward while simultaneously pulling your cheek muscle in against the spoon. Perform continuously for three minutes
Tongue Drag/Tongue	Place the tongue against the back of your upper front teeth. Slide the tongue backward on the roof of your mouth as far as possible, then repeat. Perform continuously for three minutes
My Cardio Routine	<ul style="list-style-type: none"> a. Aerobic exercise at 85% of maximum heart rate a. Treadmill, stationary bike, or elliptical machine b. Thirty minutes per session a. Five days per week
Recommended Carb Intake	◆ A person living a sedentary lifestyle should aim to consume 50-75 NC per day as displayed in the foods in the table below.
Recommended Carb Intake	◆ A person who exercises moderately each day should aim to consume about 100 NC per day.
Recommended Carb Intake	◆ A person who exercises vigorously each day should aim to consume 125-150 NC per day.
 No More Sleep Apnea Healthy sleep without CPAP	<p>"You dream. You plan. You reach. There will be obstacles. There will be doubters. There will be mistakes. But with hard work, with belief, with confidence and trust in yourself and those around you, there are no limits." —Michael Phelps</p> <p>www.nomoresleepapnea.com</p>