

The Singing for Sleep Apnea Program



Singing Exercises That Are Proven
To Cure Snoring and Sleep Apnea

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Introduction

Singing therapy has been around for years, most notably as a treatment for stroke, depression and, more recently, autism. Treatment is based on the idea that singing can “rewire” the brain.

Only recently, however, has singing therapy been explored as a means to cure snoring, and its related health condition, sleep apnea. This guide will describe how this type of singing therapy works, how it can cure your sleep apnea (and snoring), and what specific singing exercises you should be doing. As you will see, this guide is written in plain English, so you can get the most out of it without needing a medical (or singing) degree!

To get the most out of this guide, please read through the guide once then listen to the accompanying audio files. The audio files contain the *Singing for Sleep Apnea* exercises (the words to those exercises are also included in this guide).

If you have any comments or questions about this guide, please feel free to contact me at my direct email address: marc@apneatreatmentguide.com. And if you like this guide, make sure to check out the free reports and paid guides at my catalog website: <http://www.ApneaTreatmentCatalog.com>.

To your good health,

A handwritten signature in blue ink that reads "Marc MacDonald". The signature is written in a cursive, flowing style.

Marc MacDonald, M.Sc.
Independent Sleep Apnea Researcher

Medical Disclaimer

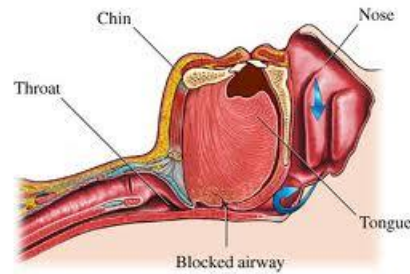
The material presented in this guide is not meant to replace medical advice. This is simply a discussion of information and particular treatments that have been used by others. Because of the serious, long-term health issues of sleep apnea, it is recommended that any treatment be discussed with your own physician. If an alternative method of treatment is perceived to be successful, it is also recommended that you undergo testing through traditional medical sources to verify your results.

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How Does Singing Therapy Cure Sleep Apnea?

As many sleep apnea sufferers know, a major cause of obstructive sleep apnea involves the muscles of the throat. During sleep, all muscles in your body relax, including those of the throat. Referred to as “otolaryngologic muscles”, your throat muscles relax and collapse upon themselves, blocking the upper airways, leading to sleep apnea. Singing therapy produces its effect by strengthening these muscles and the other soft tissues in the throat. This results in increased tone which can keep your airways open during sleep.



Singing exercises your vocal cords (tissues or structures in the throat that mediate speech), which are controlled by the muscles in the throat. During sleep, the muscles that control your vocal cords relax and the lips come together closing the airways. Singing exercises also strengthen other muscles controlling your soft palate and other structures in the throat. When you use different musical tunes and frequencies of sound, the involved muscles are exercised and strengthened.

Singing Exercises Must be Done Persistently to See Success

Some individuals with sleep apnea do not benefit from singing exercises because they are not patient and diligent enough to wait for the results. It can take you as much as three months to start seeing any effects. In order to see the results, you must dedicate an average of twenty minutes per day to sing. You should sing loudly and should not care about the quality of your voice. You can sing in your bathroom, your living room or in any other place you may find convenient.

Who Singing Exercises Are For

Among all the management options for sleep apnea, singing therapy is among the safest and the easiest to implement. It is neither age dependent nor gender dependent. At the same time it does not restrict you in terms of schedule and time management. Therefore a large percentage of individuals suffering from sleep apnea can benefit from this alternative treatment.

However, if you suffer from very severe forms of sleep apnea, you may not benefit from singing therapy. This is because you are at a high risk of suffocating to death during

sleep due to breathing problems. Severe sleep apnea is a medical emergency and therefore requires prompt intervention such as surgery or use of oral appliances. However, if you have mild to moderate sleep apnea you are an excellent candidate for singing therapy.

In terms of age, while very young children may not grasp what is required of them to do the singing exercises, this form of therapy is equally effective for them as it is for the adults.

As mentioned previously, the quality of your voice is not important in singing therapy. Obviously, if you possess singing talent, you will find this quite interesting and enjoyable.

One more thing that determines who can benefit from singing therapy is the individual him/herself. Since it can take up to 3 months and a degree of discipline to see results, if you're impatient you may not benefit from this form of treatment! It is important that you dedicate about twenty minutes daily to singing for at least three months. If you are unable to stick to this, you might want to look into other forms of treatment.

Will Singing Exercises Cure My Snoring, Too?



In addition to sleep apnea, singing therapy has also been proven to effectively treat snoring. As a matter of fact, singing therapy was originally developed for those with snoring problems.

Snoring is actually one of the telltale signs of sleep apnea, which progresses to slow breathing and finally complete pauses in breath. As over 90% of people with sleep apnea (according to one estimate) are unaware of their breathing difficulties, the apnea episodes are usually picked up by others who watch them sleep and are usually woken up by loud, disturbing and bothersome snoring. Therefore during singing therapy, reduced snoring is one of the most important indications that the therapy is working.

Why You Should Use Singing Therapy for Your Sleep Apnea

As mentioned previously, the treatment options for sleep apnea include surgical and nonsurgical methods. The nonsurgical treatment options include:

- Behavior therapy
- Lifestyle changes

- Use of certain medical devices (such as [Continuous Positive Airway Pressure](#) (CPAP) or [Automatic Positive Airway Pressure](#) (APAP) device)
- Singing therapy
- Use of natural supplements
- Didgeridoo therapy
- Orofacial exercises

Among these, singing therapy has many advantages, and virtually no disadvantages (aside from the discipline required to do the exercises consistently). Here are some of the benefits of singing therapy:

1. Singing is the safest form of therapy used in the management of sleep apnea, unlike surgery, which can obviously be quite traumatic. Medications too have unwanted effects that can interfere with patient compliance.
2. Singing therapy is cost effective in terms of money and time and can be done in the comfort of your home and at your own convenient time. This is in contrast to the other treatment options where you need to book appointments and plan schedules.
3. There are no limitations to this form type of sleep apnea therapy. It can be practiced by everyone from a child to the elderly, unlike some other options that are age specific.
4. This form of therapy is not only harmless but can also be enjoyable to perform!



Singing Therapy Success Tips

The *Singing for Sleep Apnea* exercises are designed to give the whole upper airway a toning workout. The program consists of 13 singing exercises which can be practiced sequentially at your own pace.

Each MP3 file contains brief instructions on how to do the singing exercise, and an opportunity to practice each exercise once. There is a singer and accompaniment to sing along with at all times.

Sing through all the exercises for 20 minutes per day. As long as you're not experiencing any discomfort, it is perfectly safe to exceed 20 minutes per day if you wish.



Having said the above, one of the most common questions asked about singing exercises for sleep apnea is “What can I do to get the best results from this therapy?” Here are some success tips to make sure you get the most from the exercises:

- ***Make sure you understand what is causing your sleep apnea*** before embarking on the singing exercises. As discussed previously, there are three types of sleep apnea (central, obstructive, and mixed). If you have central sleep apnea, chances are singing therapy will not help your sleep apnea.

If you have obstructive sleep apnea (OSA), singing therapy can certainly help you – but only if your OSA is caused by weak or flabby muscles in your upper airway. If your apnea is caused solely by a structural problem (such as a nasal blockage, e.g. a deviated septum), singing therapy is much less likely to help you.

- ***Find a time and place to do the singing exercises:*** the exercises can be practiced any time of day, so find what works best for you. As they tend to be energizing, many people have reported that singing the exercises in the morning sets them up mentally and vocally for the day ahead.
- ***Start gently:*** because the exercises work very precise muscles in unusual ways you are likely to find them tiring on these muscles to begin with. Take it gently to start with and you will soon find you can go through the whole programme at full tilt.

Your throat will feel well-used after each session but you should not feel any pain. Pain is a sign that you are straining tense muscles. If you experience any pain in your throat

stop for a day or two or until your throat feels normal again. Then restart more gently, following the advice on how to avoid vocal strain (see the following section ***Aim for energy and precision***). If you still find you are having problems then it would be advisable to see a singing teacher who will be able to assist you in your singing technique.

- ***Aim for energy and precision***: your vocal strength will increase with time. Aim to sing the exercises as energetically, vibrantly, and precisely as you can. A lot of energy without precision, or the precise sound sung without any energy, will reduce the effects of this program.



Remember to use energy, not strain.

Energy comes from the breath, powered by the muscles that expand and contract your lungs. Strain happens if, instead of using your breathing muscles to power and support your voice, you try to force your voice out by tightening your neck muscles. This puts damaging tension

on your larynx or “voice box”, and will hamper the free movement and exercise of the muscles worked by the *Singing for Sleep Apnea* program.

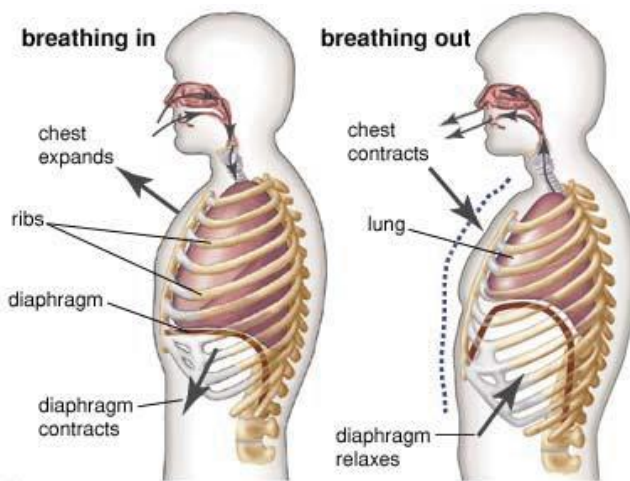
While you are singing, try to relax your neck and visualize your throat as a wide open passage. Look in the mirror to check that the tendons in your neck are not standing out – a sure sign of unnecessary strain. Relax and drop your jaw, and when it is not being active, encourage your tongue to lie flat and quiet in your mouth with its tip against your bottom front teeth.

Use precision. While feeling release and relaxation in the throat and neck, you are going to be moving certain muscles in and at the back of your mouth a great deal! Make sure you are 100% clear about the sounds you are being asked to reproduce and that you maintain this whole-hearted precision even when you are familiar with the exercise.

While you are singing, place your attention right inside the areas in your mouth that you are moving. Feel them move to their comfortable extremes. Enjoy this new sensory experience and the growing consciousness of muscles that you may not have been particularly aware of until now!

- **Posture while singing:** follow these tips to get the most out of your singing exercises:
 - Hold your head as if the top is being pulled to the ceiling with a string, so that your body is “dangling” relaxed below and your airway is straight all the way up.
 - Your chin should be in a relaxed position – not tilted up or buried in your chest.
 - Smile! Sing with a smile in your eyes and right at the back of your mouth to increase the work in your soft palate, brighten your tone, raise your energy level and lift your spirits! (Feel the soft palate tighten and the space this creates at the back of your mouth.)

- **Breathing:** to avoid vocal strain think of your voice as carried by your breath. Power your breath by the muscles that contract and expand your lungs: the diaphragm, the abdominal muscles, and the intercostals (between the ribs). Crucially, leave your neck and shoulders as relaxed as possible; and avoid “shoulder breathing” (raising



your shoulders to take an in-breath). This causes tension in the neck and larynx and a very shallow breath. Push your shoulders down, relax, sigh, and leave them there!

The diaphragm is the most important muscle used in breathing, especially in sleep. It is a large domed muscle that separates the thoracic cavity (home of the lungs) from the abdominal cavity (home of the guts). A bit like a trampoline in slow motion, its center moves up and down contracting and expanding the lungs. However, it is a deep muscle and we cannot feel it directly. We are more conscious of our other breathing muscles – the abdominal muscles predominantly and, to a lesser extent, the intercostals.

- **Be dedicated and optimistic:** some people with sleep apnea do not benefit from singing therapy because they give up too soon. The exercises require that you follow this program for an extended period of time (at least three months).
- **Do not rely on singing therapy alone:** as much as singing therapy is effective in the treatment of sleep apnea, other alternative treatments work together to ensure better results. The most important of these is lifestyle changes such as cessation or reduction

of alcohol intake, weight loss, and cessation of smoking. Obesity is the single most common cause of sleep apnea.

- **Enjoy what you do:** for those not talented in singing, this therapy can be quite tricky and you may feel a little embarrassed at first. It is important to recognize that the exercises are not meant for “artists”. Find what works best for you and add some humor during the singing sessions to enhance your enjoyment.
- **Monitor yourself and your progress:** because those suffering from sleep apnea are sometimes unaware of their problem, they require someone to watch them. It is important to have someone who is optimistic and honest to encourage you to assess your response to therapy. This will give you the impetus to continue with the full course of therapy.

Summing Up: Top Tips for Doing Your Singing Exercises:

1. **Enjoy yourself:** do everything you can to make the *Singing for Sleep Apnea* program a fun part of the day, when you are free to make a lot of noise!
2. **Posture:** chin level, jaw relaxed, head “floating” above body, spine extended, shoulders relaxed and low
3. **Energy and volume:** sing as energetically and strongly as you can, using your breathing and support muscles to power your voice
4. **Precision:** check the sounds in the text and make them precisely
5. **Stop:** stop the MP3s for slow practice of any bits you find tricky
6. **Smile:** especially at the back of your mouth and in your eyes
7. **Focus:** place your attention right inside the moving parts of your mouth/throat, so you can actively encourage them to “come alive”
8. **Exaggeration:** exaggerate the movements you are making in your mouth/throat. Take the movements to their comfortable extremes to get as much exercise as possible.
9. **Dedication:** aim to sing the exercises every day for three months



The *Singing for Sleep Apnea* Exercises

The pages that follow describe specific singing exercises that will strengthen your upper airway. The descriptions are meant to complement the MP3s that came with the *Singing for Sleep Apnea* program. However, the MP3s can be used just as effectively on their own, without reference to the descriptions that follow.

Exercise #1

The first exercise uses the vowel sounds "yah" and "ah ah." Feel your soft palate rise with the sound as you do when you yawn. And let your mouth open wide and the back of your tongue move down and forward. Pull the back of your throat wide open.

We'll play the exercise once, then you join in.

Breathe in now, and ready?

Sing, ascending twice: "yah-ah-ah-ah ah. ah. yah-ah-ah-ah ah. ah."

Then descend: "yah-ah-ah-ah ah. ah. yah-ah-ah-ah-ah."

Good. Relax

Exercise #2

Now let's do the humming exercise. Close your lips, let your tongue lie flat, incline your head a little forward, and try to make a huge cave inside your mouth and throat by lifting the soft palate and humming. We'll play the exercise through first, then you join in.

Take a breath, and ready?

Hum ascending 9 notes:

"mm-mm-mm-mm-mm-mm-mm-mm-mm"

Descend to starting pitch:

"mm-mm-mm-mm-mm-mm-mm."

Repeat 4 times, each a half-step higher.

You certainly feel the muscles working with that one!

Exercise #3

Now, a well-known tune using these exercises. You all know *Bobby Shafter*, and even if you don't, it's so catchy, you soon will. As usual, we'll play the tune once, then you join in. Sing it to "yah" for the first verse, hum the second, then sing it to "yah" for the third.

A big breath, and ready?

Sing to the tune of Bobby Shafter:

"Yah, yah, yah, yah, yah, yah, yah,
Yah, yah, yah, yah, yah, yah, yah
Yah, yah, yah, yah, yah, yah, yah,
Yah, yah, yah, yah, yaah, yah."

Now hum it.

Hum to the same tune:

"Mm, mm, mm, mm, mm, mm, mm
Mm, mm, mm, mm, mm, mm, mm
Mm, mm, mm, mm, mm, mm, mm,
Mm, mm, mm, mm, mmm, mm."

And once more with "yah."

Repeat singing:

"Yah, yah, yah, yah, yah, yah, yah,
Yah, yah, yah, yah, yah, yah, yah
Yah, yah, yah, yah, yah, yah, yah,
Yah, yah, yah, yah, yaah, yah."

Good! Now relax.

Exercise #4

The next exercise uses "ho ho ho" sounds, and "hee hee hee." These lift and strengthen the soft palate, and if you do them strongly, you will feel your upper throat muscles working well. We'll play through the exercises once, then you join in.

Ready?

Sing, ascending and returning to starting pitch three times:

"ho, ho, ho, ho, ho, ho, ho, ho, ho, ho, ho, ho, ho."

Repeat 5 times, each a half-step higher.

Exercise #5

Now do it again using "hee hee hee."

Sing, ascending and returning to starting pitch three times:

"hee, hee, hee, hee, hee, hee, hee, hee, hee, hee, hee, hee."

Repeat 5 times, each a half-step higher.

Relax.

Exercise #6

The next exercise is to a well-known hymn tune using these sounds. Sing it to "ho" first, then to "hee." Remember to take a good breath before each line and to sing as loud as you can. We'll play it through once first.

Are you ready to sing it to "ho?"

Sing to the tune of Guide Me, Oh, Thou Great Jehovah:

"Ho, ho ho ho ho-o, ho-o, ho, ho

Ho, ho ho, ho, ho, ho, ho

Ho, ho ho ho ho-o, ho-o, ho, ho

Ho, ho, ho, ho-o, ho, ho, ho

Ho, ho, ho-o, ho

Ho, ho, ho-o ho

Ho, ho, ho, ho, ho, ho, ho

Ho, ho, ho-o, ho-o, ho, ho, ho."

Good! Relax.

Exercise #7

Take a big breath and sing it to "hee."

Sing the tune of Guide Me, Oh, Thou Great Jehovah:

"Hee, hee hee hee he-e, he-e, hee, hee

Hee, hee hee, hee, hee, hee, hee

Hee, hee hee hee he-e, he-e, hee, hee

Hee, hee, hee, he-e, hee, hee, hee

Hee, hee, he-e, hee
Hee, hee, he-e hee
Hee, hee, hee, hee, hee, hee, hee
Hee, hee, he-e, he-e, hee, hee, hee."

Exercise #8

Now an exercise using "ah" to widen the upper throat. First, sing it smoothly, legato, with the notes joined together. Then, staccato using short "ah, ah" sounds to work the soft palate. We'll play through both once, then you join in.

Ready?

Sing ascending, connecting notes together:

"ah, ah, ah, ah, ah, ah"

Descend to starting pitch, connecting notes:

"ah, ah, ah, ah, ah, ah, aah."

Separate notes and sing ascending:

"ah. ah. ah. ah. ah. ah"

Separate notes and descend to starting pitch:

"ah. ah. ah. ah. ah. ah. aah."

Repeat 3 times, each a half-step higher.

Rest.

Exercise #9

Another tune you all know, *Early One Morning*. We'll sing it using the sound "yah."
Remember to breathe in before each line. We'll play it through once to show you.

Ready?

"Yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah

Yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah

Yah, yah, yah, yah, yah

Yah, yah, yah, yah, yah

Yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah."

And sing it again, louder.

*"Yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah
Yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah
Yah, yah, yah, yah, yah, yah
Yah, yah, yah, yah, yah, yah
Yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah, yah."*

Rest.

Exercise #10

Try this exercise to lift your palate. Sing the words "Bella seniora." Sing them loudly and strongly. We'll show you how first, then you try.

Ready?

Sing ascending until the final syllable, "ra," on which you return to the starting pitch:

Bell - a - Sen - io ra

Repeat 3 times, each a half-step higher.

Good. Now relax.

Exercise #11

The last exercise is to the tune *My Love is Like a Red, Red Rose*. Hum it through first, as loud as you can, then sing it through to "yah." We'll show you how, by humming the first verse. Don't forget to take a breath before each line.

Ready?

Hum:

"Mm, mm, mm, mm, mm, mm, mm, mm, mm

Mm, mm, mm, mm, mm, mm

Mm-m-m mm, mm, mm, mm, mm, mm, mm

Mm, mm, mm, mm, mm, mm.

Mm, mm, mm, mm, mm, mm, mm, mm

Mm, mm, mm, mm, mm, mm, mm

Mm, mm, mm, mm, mm, mm, mm, mm

Mm, mm, mm, mm, mm, mm."

Exercise #12

And now, using "yah."

Sing:

*"Yah, yah, yah, yah, yah, yah, yah, yah
Yah, yah, yah, yah, yah, yah
Yah, yah, yah, yah, yah, yah, yah, yah, yah, yah
Yah, yah, yah, yah, yah, yah.
Yah, yah, yah, yah, yah, yah, yah, yah
Yah, yah, yah, yah, yah, yah, yah
Yah, yah, yah, yah, yah, yah, yah, yah, yah
Yah, yah, yah, yah, yah, yah."*

Well done.

Exercise #13

We'll end with a last hum of "My Love is Like a Red, Red Rose." Ready?

Hum:

*"Mm, mm, mm, mm, mm, mm, mm, mm, mm
Mm, mm, mm, mm, mm, mm
Mm-m-m mm, mm, mm, mm, mm, mm, mm
Mm, mm, mm, mm, mm, mm.
Mm, mm, mm, mm, mm, mm, mm, mm
Mm, mm, mm, mm, mm, mm, mm
Mm, mm, mm, mm, mm, mm, mm, mm
Mm, mm, mm, mm, mm, mm."*

Success Stories

Although this is a relatively new alternative treatment for sleep apnea, there are numerous testimonials by those who have used singing therapy to cure their condition. Most of them attest to the fact that singing therapy is an inexpensive, harmless, and effective alternative treatment for sleep apnea. Following are some success stories;

- “I was diagnosed with sleep apnea and have been using the positive pressure breathing machine for five months. Four months ago, I started using...singing exercises to tone and strengthen the throat muscles. I am not jumping to conclusions, but with very limited data believe my sleep apnea is cured.”

[Charley](#)

- “Mine started when I realized I had added a couple of pounds to my weight. I was such a snoring nuisance that I was told by my girlfriend that sometimes I would skip breath several times a night. I went to my doctor who diagnosed me with obstructive sleep apnea. Surgery was the option but then I heard about singing therapy. I bought the CDs and started performing the exercises. I can tell you my situation is way better and with the snoring gone I am convinced am cured of sleep apnea.”

[Tyson](#)

- “When I heard about singing therapy, I was quite skeptical at first but a woman who was selling the CDs explained it to me and I saw some sense. Now I am on therapy and I think my OSA is improving. I believe I will be cured one I am through with the exercises.”

[Nenita](#)

- “My doctor told me I was suffering from a sleep disorder known as obstructive sleep apnea. He told me the cause was obesity and getting rid of excessive weight would reduce the snoring and the breathing difficulties I experienced. I tried this but then I stumbled on this so-called singing therapy and it sounded an easier option so I bought the CDs. I followed exactly what was written and performed the exercises as required. After three months the snoring and the breathing difficulties at night stopped. I can vouch for singing therapy; it is effective.”

[Max](#)

How to Monitor Your Progress in Reducing Sleep Apnea Symptoms

Over ninety percent of sleep apnea sufferers do not realize they have a problem until it starts affecting their daily activities and well-being. Thus it becomes a problem to recognize any changes or improvements that can help monitor response to singing therapy. However, with the sleeping problems solved you start having daytime relief from the symptoms characteristic of sleep apnea.

Here are three ways to monitor your progress in conquering your sleep apnea:

1. The first tip is to **assign someone close to you the responsibility of watching you at night while you sleep.** The initial response he or she will recognize is reduced snoring, as this is the most telling sign of sleep apnea.
2. Secondly, **monitor other common symptoms of sleep apnea** such as daytime fatigue, reduced daytime alertness, excessive daytime sleeping, and visual problems. These symptoms usually occur as a result of sleep interferences at night. Thus, as you continue with the singing exercises, you should feel less drowsy during the day and your overall performance at work should improve.
3. Finally, if you have a doctor (especially the one who made your diagnosis), it is important to **go for regular checkups to assess the tone of your throat muscles.** If possible the doctor should be an ear, nose and throat (ENT) specialist, although dentists also have knowledge regarding the throat muscles.



Other Types of Sleep Apnea Treatments

For most patients who have a confirmed diagnosis of sleep apnea, the best option, as recommended by physicians, is using a CPAP machine. But doing so may not be easy, as it may take weeks before the patient gets used to it. There are also a lot of disadvantages and problems associated with CPAP machines as you have already read. Nevertheless, for those who feel exhausted during the day due to lack of sleep, and also those who are concerned by more harmful health effects of sleep apnea, a CPAP machine is the best answer.

Fortunately, there are a lot of alternatives for CPAP machines that can be used to manage sleep apnea. In this chapter, we will discuss those alternatives, some of which are very simple and require very minimal effort on your part, while others need a bit of work, time, money, and planning. For more information about alternatives to CPAP, check out [Cure Your Sleep Apnea without CPAP](#).

Easy-to-follow Treatments for Sleep Apnea

Listed below are some treatments for sleep apnea that are quite easy to follow. It should be kept in mind that these will not get rid of the condition. Instead, these alternative treatments will aid you in getting a good night's sleep while you are still in the process of looking for a better, more effective, permanent treatment for your sleep apnea.

Adjusting Your Sleeping Position

It is recommended that patients suffering from sleep apnea avoid sleeping on their backs, as doing so tends to make the problem worse. In this position, the jaw tends to fall back, along with the tongue, causing the airway to become blocked. As a solution to this, patients are advised to sleep on their sides. One popular pillow that is used to promote side-sleeping is the [Sona Pillow](#).

Using Solutions That Can Help You Breathe Easier

This alternative treatment is advisable for patients suffering from mild to moderate sleep apnea, or those who have blockages located mainly in the external nasal areas. Saline drops and nasal strips are the most popular examples of solutions used by sleep

apnea sufferers whose apnea stems from blocked a nasal passage. [Breathe Right](#) nasal strips are a popular choice.

Mouth & Throat (“Orofacial”) Exercises



[Orofacial exercises](#) involve exercising the muscles of the mouth, throat, jaw, tongue, and soft palate. The exercises must be done consistently to see a result, and there are numerous clinical studies that have proven the effectiveness of this treatment in curing sleep apnea.

In one research study patients following three months of daily orofacial exercises experienced a decrease in snoring frequency and intensity and daytime sleepiness, an increase in sleep quality score, and a significant decrease in obstructive sleep apnea severity (as measured by their apnea-hypopnea index).

For more information on orofacial exercises for sleep apnea, please consult the website <http://www.SleepApneaExercise.com>

Didgeridoo Therapy



“Didgeridoo” is the name of a wind instrument that originated from Australia, which is made from the wood of the Eucalyptus tree. Playing the instrument serves as a therapy that works to help [treat sleep apnea](#) by making the airway muscles stronger.

In one research study published in the *British Medical Journal* 25 patients were trained in playing the didgeridoo and followed a routine of playing 25 minutes per day. The researchers found that four months of training of the upper airways by didgeridoo playing reduced daytime sleepiness in people with snoring and obstructive sleep apnea; reduced their apnea hypopnea index; and reported that the partners of participants were much less disturbed in their sleep.

For more information on didgeridoo therapy for sleep apnea, please consult the website <http://www.DidgeridooForSleepApnea.org>

Singing Therapy



Like didgeridoo therapy, this alternative treatment also works by [strengthening the airway muscles](#). In one study published in the journal *Complementary Therapies in Medicine* it was found that 20 minutes of singing exercises for three months reduced snoring significantly by strengthening the throat muscles of participants – the same muscles that collapse during sleep and cause obstructive sleep apnea.

For more information on how singing therapy can cure sleep apnea, please consult the website <http://www.SingingForSleepApnea.com>

Treatments That Necessitate Moderate Effort

Dental Appliance



[Dental appliances](#) manage sleep apnea by pushing the jaw forward, thereby keeping the airway open. This is usually recommended by a physician, who refers you to a dentist. The dentist takes an impression of the teeth and oral structures to create a replica upon which the appliance or mouthpiece will be created. Another option is to purchase a generic mouthpiece and make modifications to help it fit in your mouth properly.

Dental appliances are a hugely popular alternative to CPAP – because they're more comfortable and easy to wear while sleeping, and are small and convenient to carry while traveling.

To get a comprehensive report on the mistakes to avoid when buying a dental appliance, please go to the website <http://www.DentalApplianceForSleepApnea.org>

Acupuncture



During acupuncture treatment, very fine needles are inserted in specific points on the body. This stimulates the release of hormones that can function to heal the body.

Recent research has found that specific acupuncture techniques can be used to stimulate the upper airway, keeping the airway open during sleep (thereby curing sleep apnea).

To learn more about acupuncture for sleep apnea (including which techniques work for sleep apnea), please visit: <http://www.AcupunctureForSleepApnea.com>.

Herbal Treatments



There are several herbs and other natural remedies that have been proven scientifically to alleviate the symptoms of obstructive sleep apnea (OSA). While not all of these herbs and remedies are able to cure sleep apnea outright, they usually help the patient be calm and sedated, leading to better sleep overall.

To know more about herbal remedies for sleep apnea, please visit: <http://www.HerbsForSleepApnea.com>.

Weight Loss



Being overweight worsens sleep apnea, particularly obstructive sleep apnea, in two ways:

1. Excess fat in the neck area can compress the airway, making it more difficult to breathe.
2. Excess weight in the abdominal area causes the respiratory muscles in that area to be less efficient, adding to the breathing difficulty already caused by an obstructed airway.

Losing weight can be difficult, as many of us already know. And this is especially true in the case of sleep apnea patients, as they tend to lose weight only after the treatment

for their condition has begun. This is because when they get more sleep, they have more energy to use for exercise.

This treatment is very helpful, not just in managing apnea, but in promoting overall wellness. For advice on which diet can help you lose weight, please consult this article on Apnea Treatment Center: [Do You Know the 6 Major Types of Diets?](#)

Lifestyle Changes

Equally important as the other treatments for managing sleep apnea is the cessation of unhealthy habits such as drinking, smoking, and taking drugs.

Drinking alcohol should be eliminated, especially during nighttime, as it can significantly aggravate sleep apnea. It can decrease your breathing reflexes and, if taken excessively, could lead to serious health consequences or death. Alcohol produces effects similar to sleep medications, or other drugs that can influence your breathing.

Smoking, as with weight loss and cessation of alcohol drinking, is good not just for sleep apnea, but for general health as well. Quitting helps return lung function to normal. If you are having a hard time with quitting smoking, there are nicotine patches available which can be of great help; however, use of patches is not a cure and still requires effort on the part of the patient.

Treatments That Necessitate Surgical Intervention

If the treatments for sleep apnea listed above do not work, there are other options - surgery. This method of treatment is of help particularly if the apnea is brought about by a problem related to the structure of the airway. More often than not, surgeries include the removal of tissues that cause the blockage. Throat and nasal surgery are the most common procedures performed to manage sleep apnea.

Throat Surgery

This involves the removal of some of the soft tissues of the mouth such as adenoids, tonsils, and uvula. The tonsils and adenoids refer to the tissues found at the back of the throat, while the uvula is the small, cone-shaped structure that hangs from the back of the soft palate. Sometimes, implants are placed to stiffen the upper throat. Surgical repositioning of the tongue is also an option to prevent it from falling back and blocking the airway during sleep.

Listed below are the most common throat surgeries performed to correct sleep apnea:

- **Uvulopalatopharyngoplasty (UP3):** Recommended for those with moderate to severe sleep apnea, this surgical procedure involves removal of the uvula and restructuring and tightening the sagging, fatty tissues of the upper throat and palate. It can be done alone or in conjunction with other treatment methods, depending on the location of the obstruction in the patient's airway.

Just like any other surgery, there are risks involved when performing the UPPP, and these include:

- Depression of the breathing reflexes due to the administration of general anesthetics (this can be particularly risky in patient who already have breathing problems such as sleep apnea)
 - Swelling of the airway
 - Medications before and after surgery for pain control (most of which can affect breathing)
 - Bleeding
 - Pain that may last up to several weeks
- **Laser-assisted uvula palatoplasty (LAUP):** This is recommended for those with moderate sleep apnea. A relatively new procedure, which was developed to reduce snoring, LAUP involves the use of laser to remove the obstruction from the airway. It is less extensive, and therefore less risky than UPPP, although for that same reason, it may not be as effective as UPPP in terms of treating sleep apnea.

Since LAUP was originally invented to manage snoring, the main danger associated with this procedure is that patients may think that when their snoring is eliminated, their sleep apnea is cured. This may not be the case. The patient's sleep apnea could get worse without the patient realizing it, as the primary sign, snoring, has been eliminated.

Nasal Surgery

Nasal surgery can also be an effective way to manage sleep apnea. This can include any of the following procedures:

- Straightening of the nasal septum, the thin wall between the nostrils. Also known as deviated septum surgery, it is the only known cure for a displaced septum and can help you breathe better at night. If your health care professional advises you to have this surgery but you need more information from people who have actually undergone this surgery, check out [Deviated Septum Surgery Secrets](#).
- Decreasing the size of the nasal turbinates. These are bony shelves that are curled and project into the breath passage within the nose. This surgery can be done either by cutting of the tissues or through radiotherapy.
- Removal of the inflamed sinus tissues
- Removal or enlargement of bony tissues from the upper sinus area

Wrapping Up

Sleep apnea is a serious medical problem that is affecting an increasing number of people in United States and many other western countries. Singing therapy is a relatively new alternative approach to treatment of sleep apnea, but one that has many advantages and relatively few drawbacks.

Singing therapy is effective only if the singing exercises are strictly followed for a period of at least three months. However, to see quicker results, you can make lifestyle changes such as weight loss, quitting smoking and limiting your alcohol intake.

I hope you enjoy the *Singing for Sleep Apnea* program. If you have any comments or questions about it (or anything else related to sleep apnea), feel free to send me an email: marc@apneatreatmentguide.com

To your good health,

A handwritten signature in blue ink that reads "Marc MacDonald". The signature is written in a cursive, flowing style.

Marc MacDonald, M.Sc.
Independent Sleep Apnea Researcher
<http://www.ApneaTreatmentCatalog.com>