

DREAM SIPPER INSTRUCTIONS



Slightly suck your tongue up until it makes full contact with your palate from the tip of your tongue (touching the gums just above your front teeth) to at least 3 inches back on your tongue. This is the tongue position and throat suction that is the goal of the Dream Sipper, of every swallow, and is the healthy tongue-up/snore-free tongue position for sleep.

Use the Dream Sipper to drink half a cup of water for 2-3 weeks until you are very used to it. After that, use it for a few seconds before each meal as a way to practice better swallowing and to promote proper tongue-up resting posture.



1. TONGUE PRESS UP

Put the bulb on the center line of your tongue, about an inch away from the tip of your tongue. Press with your entire tongue to flatten the sipper bulb top against the roof of your mouth.



2. SUCK LIKE A STRAW

Let the bulb top open and then suck water through it like a straw using only your throat suction. Focus on sucking along the middle line of your tongue. Try leaving your lips open so you can't cheat by sucking with your cheeks.

APPLY TO FOOD SWALLOWING

1. TONGUE PRESS UP

Whenever your teeth touch from chewing food, press your tongue fully up as you practice with the Dream Sipper.

2. SUCK FROM YOUR THROAT, NOT YOUR CHEEKS

Focus on sucking very well-chewed food from the middle line of your tongue and throat, not from your cheeks. Swallowed food should mainly hit the middle of your throat. Make sure your teeth are touching and your tongue is fully up when sucking and swallowing.



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