

Chewing On Tongue While Sleeping

Chewing called ruminants, chew food more than once to extract more nutrients. Chewing is primarily an Chewing or mastication is the process by which food is crushed and ground by the teeth. After the first round of chewing, this food is called cud. It is the first step in the process of digestion, allowing a greater surface area for digestive enzymes and bile to break down the foods

== Classification ==

Snoring , uvula, soft palate, base of tongue) which occurs during sleep. It usually happens during inhalations (breathing in). of tongue) which occurs during sleep. g. It usually happens during inhalations (breathing in). Primary snoring is snoring without any associated sleep disorders Snoring (or stertor, from Latin stertere 'to snore') is an abnormal breath sound caused by partially obstructed, turbulent airflow and vibration of tissues in the upper respiratory tract (e

== Signs and symptoms == Primary snoring is snoring without any associated sleep disorders and usually without any serious health effects. It is usually defined as apnea-hypopnea index score or respiratory disturbance index score less than 5 events per hour (as diagnosed with polysomnography or home sleep apnea test) and lack of daytime sleepiness. In the International Classification of Sleep Disorders third edition (ICSD-3), snoring is listed under "Isolated symptoms and normal variants" in the section "Sleep-related breathing disorders". The manual defines snoring as "a respiratory sound generated in the upper airway during sleep that typically occurs during inspiration but... The nerve is involved in controlling tongue movements required for speech and swallowing, including sticking out the tongue and moving it from side to side. Damage to the nerve or the neural pathways which control it can affect the ability of the tongue to move and its appearance, with the most common sources of damage being injury from trauma or surgery, and motor neuron disease. The first recorded description of the nerve was by Herophilos in the third century BC. The name hypoglossus springs from the fact that its passage is below the tongue, from hypo (Greek: "under") and glossa (Greek: "tongue").

Morsicatio buccarum cheek within the mouth), caused by repetitive chewing, biting, or nibbling. The lesions are located on the mucosa, usually bilaterally in the central Morsicatio buccarum is a condition characterized by chronic irritation or injury to the buccal mucosa (the lining of the inside of the cheek within the mouth), caused by repetitive chewing, biting, or nibbling

The lesions are located on the mucosa, usually bilaterally in the central part of the anterior buccal mucosa and along the occlusal plane level (the level at which the upper and lower teeth meet). Sometimes, the tongue or the labial mucosa (the inside lining of the lips) is affected by a similarly produced lesion, termed morsicatio linguarum and morsicatio labiorum, respectively. There may be a coexistent linea alba, which corresponds to the occlusal plane, or crenated tongue. The lesions are white with thickening and shredding of mucosa commonly combined with intervening zones of erythema (redness) or ulceration. The surface is irregular, and people may occasionally have loose sections of mucosa that come away. Baby-Led Introduction to Solids (BLISS) is a variation on baby-led weaning that recommends presenting three different types of food at each feeding. The causes of bruxism are not completely understood, but probably involve multiple factors. Awake bruxism is more common in women, whereas men and women are affected in equal proportions by sleep bruxism... Tongue-tie is "a condition that impairs tongue movement due to a restrictive lingual frenulum". As of 2025, no definition, classification system, or diagnostic parameters and, therefore, no definite management parameters, have been generally accepted. The main alternative to baby-led weaning is traditional spoon feeding. Spoon feeding may be done in a responsive feeding method or in a non-responsive, coercive style (either forcing an already-full baby to eat more food, or refusing to give more food to a still-hungry baby). There is no good scientific evidence that BLW is better than traditional spoon feeding for most babies, though non-responsive, coercive feeding styles are harmful.

Hypoglossal nerve This may cause difficulty with tongue movements, speech, chewing and swallowing caused by dysfunction of several cranial nerve The hypoglossal nerve, also known as the twelfth cranial nerve, cranial nerve XII, or simply CN XII, is a cranial nerve that innervates all the extrinsic and intrinsic muscles of the tongue except for the palatoglossus, which is innervated by the vagus nerve. nerves of the pons and medulla

== Commonalities across feeding styles == Definition ==

Ankyloglossia The cause for tongue tie is unknown. Ankyloglossia varies in degree of severity from mild cases characterized by mucous membrane bands to complete ankyloglossia whereby the

tongue is tethered to the floor of the mouth. have been generally accepted. While research suggests that tongue-tie could be heritable, most people with it have Ankyloglossia, also known as tongue-tie, is a congenital oral anomaly that may decrease the mobility of the tongue tip and is caused by an unusually short, thick lingual frenulum, a membrane connecting the underside of the tongue to the floor of the mouth 5f1d52aa0b

The hypoglossal nerve arises as... 5f1d52aa0b Ideally, infants should be breast fed for about the first six months, and then be gradually introduced to solid food between the age of six and 12 months. Infant formula is used... 5f1d52aa0b

Chew (comics) It is written by John Layman with art by Rob Guillory and published by Image Comics across the storylines Taster's Choice, International Flavor, Just Desserts, Flambé, Major League Chew, Space Cakes, Bad Apples, Family Recipes, Chicken Tenders, Blood Puddin', The Last Suppers, and Sour Grapes. Food and Drug Administration (FDA) agent, Tony Chu, who solves crimes by receiving psychic impressions from whatever he consumes as food, no matter what. Retrieved June 8, 2012. The series has won two Eisner Awards and two Harvey Awards. S. Chew #1 Chew #2 Chew #5 Chew #7 Chew #8 Chew #9 Chew #10 Chew #12 Chew #13 Chew #14 Chew #15 Chew #16 Chew #17 Chew is an American comic book series about a U. on June 8, 2012 5f1d52aa0b

== Indications == 5f1d52aa0b CN XII is a nerve with a sole motor function. The nerve arises from the hypoglossal nucleus in the medulla as a number of small rootlets, pass through the hypoglossal canal and down through the neck, and eventually passes up again over the tongue muscles it supplies into the tongue. 5f1d52aa0b There are two main types of bruxism: one occurs during sleep (nocturnal bruxism) and one during wakefulness (awake bruxism). Dental damage may be similar in both types, but the symptoms of sleep bruxism tend to be worse on waking and improve during the course of the day, and the symptoms of awake bruxism may not be present at all on waking, and then worsen over the day. 5f1d52aa0b

Glossoptosis Glossoptosis could be a symptom of a birth defect from Pierre Robin Syndrome. It may cause non-fusion of the hard palate, causing cleft palate. abnormality which involves the downward displacement or retraction of the tongue. It can also arise with Down syndrome and cerebral palsy. It may cause non-fusion of the Glossoptosis is a medical condition and abnormality which involves the downward displacement or retraction of the tongue. This mostly affects infants and children. This mostly affects infants and children. It can also cause difficulties with feeding and upper airway obstructions 5f1d52aa0b

Glossoptosis is characterized by an abnormal posterior placement of the tongue like a downward displacement or retraction. This characteristic causes other symptoms to arise because of the abnormality. Glossoptosis may cause upper airway obstruction which can lead to infants not getting enough oxygen. Not only may they not get enough oxygen they most likely will experience shortness of breath and struggle to breathe. 5f1d52aa0b Recent studies on the incidence and prevalence of tongue thrust behaviors are not available. However, according to previous research, 38% of various populations have OMD. The incidence is as high as 81% in children exhibiting speech/articulation problems (Kellum, 1992). 5f1d52aa0b During the mastication process, the food is positioned by the cheek and tongue between the teeth for grinding. The muscles of mastication move the jaws to bring the teeth into intermittent contact, repeatedly opening and closing. As chewing continues, and the digestive enzymes in saliva (especially amylase and lingual lipase) begin to break down carbohydrates and other nutrients, the food is made softer and warmer, forming a food bolus ready to be swallowed. It enters the esophagus and via peristalsis continues on to the stomach, where the next step of digestion occurs. Increasing the number of chews per bite stimulates the production of digestive enzymes and peptides and has been shown to increase diet-induced thermogenesis (DIT) by activating the sympathetic nervous system. Studies suggest that thorough chewing may facilitate digestion and nutrient absorption, improve cephalic insulin release and glucose excursions, and decrease food intake and levels of self... 5f1d52aa0b Chew's first issue was released in June 2009, and the series concluded with its 60th issue in November 2016, with a crossover one-shot, I Hate Fairyland – I Hate Image, following in May 2017. An animated film/television adaptation starring the voices of Steven Yeun, Felicia Day, and Robin Williams began production in 2014, going into development hell following Williams' death (despite him being recast with David Tennant in 2015) and being unfinished by 2017. 5f1d52aa0b

Baby-led weaning When an infant mouths a food texture, the tongue lateralization Baby-led weaning (BLW) is an approach to adding complementary foods to a baby's diet of breast milk or formula. Baby-led weaning allows babies to control their solid food consumption by "self-feeding" from the start of their experience with food. It facilitates oral motor development and strongly focuses on the family meal, while maintaining eating as a positive, interactive experience. control for chewing and swallowing, including tongue lateralization and eventual bolus formation 5f1d52aa0b

Bruxism If nothing is done, after a while many teeth start wearing down until the entire tooth is gone. g. crowns and fillings). except while speaking, swallowing or chewing. e. , it is unrelated to normal function such as eating or talking. Symptoms may be minimal, without patient awareness of the condition. It is estimated that the teeth are in contact for less than 20 minutes per day, mostly during chewing and swallowing Bruxism is excessive teeth grinding or jaw clenching. Several symptoms are commonly associated with bruxism, including aching jaw muscles, headaches, hypersensitive teeth, tooth wear, and damage to dental restorations (e. It is an oral parafunctional activity; i. Bruxism is a common behavior; the global prevalence of bruxism (both sleep and awake) is approximately 22% 5f1d52aa0b

Not being able to breathe properly can lead to other difficulties like struggling to breastfeed or even eat because of the lack of oxygen. Infants and children can also have difficulties swallowing because of the abnormal placement of the tongue. If they are unable to eat properly this can cause a lack of nutrients... 5f1d52aa0b

Orofacial myofunctional disorders high and narrow palatal arch; ankyloglossia (tongue-tie); malocclusions, (Class II, III); weak chewing muscles (masseter); weak lip muscles (orbicularis Orofacial myofunctional disorders (OMD) (sometimes called “oral myofunctional disorder”, and “tongue thrust”) are muscle disorders of the face, mouth, lips, or jaw due to chronic mouth breathing 5f1d52aa0b

In 2020, two follow-up projects were released – a three-issue crossover with Outer Darkness (another comic series written by Layman), and the beginning of a spin-off series titled... 5f1d52aa0b
== Structure == 5f1d52aa0b Snoring may also be a symptom of upper airway resistance syndrome or obstructive sleep apnea (apneic snoring). In obstructive sleep apnea, snoring occurs in combination with breath holding, gasping, or choking. 5f1d52aa0b OMD refers to the abnormal resting posture of the orofacial musculature, atypical chewing, and swallowing patterns, dental malocclusions, blocked nasal airways, and speech problems. OMD are patterns involving oral and/or orofacial musculature that interferes with normal growth, development, or function of structures, or calls attention to itself. OMD are found in both children and adults. OMD that are commonly seen in children include tongue thrust that is also known as swallowing with an anterior tongue posture. OMD also refers to factors such as nonnutritive sucking behaviors, such as thumb sucking, clenching, bruxing, etc. that led to abnormal development of dentition and oral cavity. OMD in adult and geriatric... 5f1d52aa0b

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