Supplementary Material

# Supplementary Table 1: Tongue Exercise Schedule

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| --- | --- | --- | --- |
| Time | Force Threshold  (%MVTF) | Training Duration  (time in minutes per session) | Threshold of Muscle Total Work (g.s) |
| Week 1 | 50% | 10 | 1000 |
| Week 2 | 50% | 10 | 1000 |
| Week 3 | 60% | 15 | 1500 |
| Week 4 | 60% | 15 | 1500 |
| Week 5 | 70% | 20 | 2000 |
| Week 6 | 70% | 20 | 2000 |
| Week 7 | 80% | 25 | 2500 |
| Week 8 | 80% | 30 | 2500 |

**Abbreviations**: MVTF, maximum voluntary tongue force



**Supplementary Figure 1.** A: Schematic diagram showing how TMS amplitude and latency are measured; B:

Typical genioglossus EMG activity.