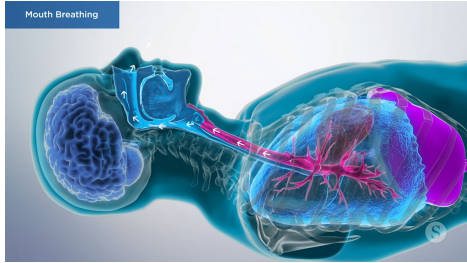
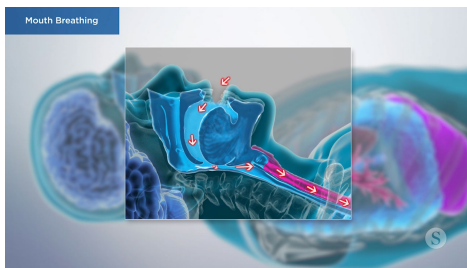


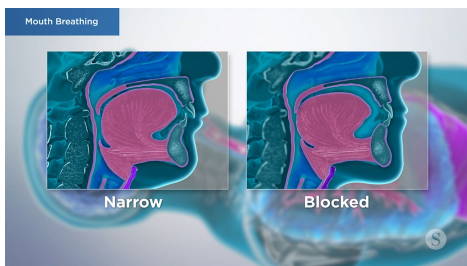
Mouth Breathing



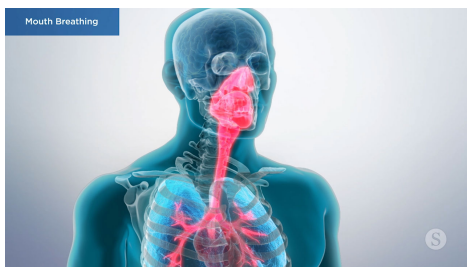
Breathing through your nose is the way a person is intended to breathe when they sleep.



Breathing through your mouth, however, can result in serious and long-lasting health consequences.



Most often the underlying cause of mouth breathing is a narrow or blocked upper airway limiting the flow of oxygen to the body.



A person's airway may be restricted due to certain anatomic features, allergies, nasal congestion, or asthma. Over time the body adjusts and is unable to breathe effectively through the nose while sleeping.



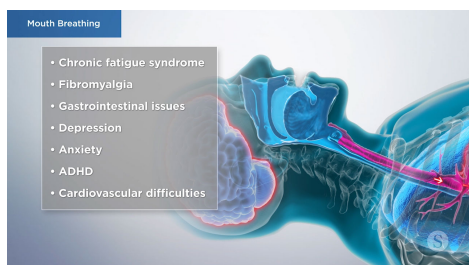
This breathing pattern can have numerous effects on both your oral and overall health.



Signs of chronic mouth breathing include snoring, nighttime tooth grinding, bad breath, dry or cracked lips, sleep disturbances, and dry mouth.



Dry mouth means saliva cannot wash away bacteria from the mouth, which can further lead to gum disease, tooth decay, and other dental problems.



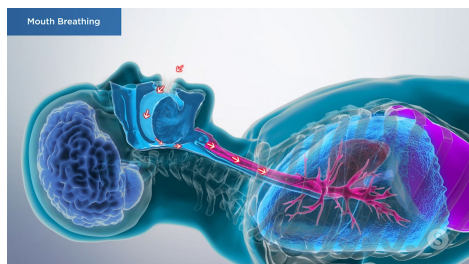
If left untreated, the constant strain placed on the heart and brain with insufficient oxygen can result in chronic fatigue syndrome, fibromyalgia, gastrointestinal issues, depression, anxiety, ADHD, and cardiovascular difficulties like high blood pressure and stroke.



In a developing child, mouth breathing can lead to poor growth, long and narrow faces, crowded teeth, a gummy smile, an overbite, sleep disorders, and even poor academic performance.



Often, treating a dental issue like grinding or tooth wear, will help improve a patient's airway and promote nasal breathing.



Given the potentially serious complications of mouth breathing, it is important to work closely with your doctor to develop a treatment plan that meets your unique needs.