

Taping your mouth at night has become a recent, but unnoticed health trend. But unlike many trends it does really work. I say YES. This is one of my newest wellness rituals, which I have been doing for the past year. I feel more refreshed in the morning and I sleep through the night when I tape my mouth. In the past I would be awoken with a dry mouth. Not anymore. **This is something that you should discuss with your doctor, but there is science to back it up.** Researchers suggest that nasal breathing increases nitric oxide production in the sinuses, which has been linked to reduced inflammation, improved sleep, improved memory, and an overall increase in immune system function (research). A study found that mouth breathing is just plain bad, it can lead to high blood pressure, heart problems, and sleep apnea (Study). Some dentists suggest that mouth breathing disrupts the balance of your oral microbiome and makes you more prone to tooth decay. So it makes sense that if you could find a way to stop mouth breathing safely and easily then it is worth a try. This is strikingly simple and cost-effective solution to better sleep and overall health some say and I agree. It goes in line with my WEBPAGE on breathing through the nose at rest and when exercising. There are some companies that make tape just for this. There are others that make a sling to keep your mouth closed. I use surgical tape, band aids, and in a pinch regular Scotch Tape. When starting out try it during the day to get use to it. It might feel weird at first, but eventually you will not be able to “Sleep Well” without it. I even use it when exercising at times. I do recommend not to put more than one light strip that you could easily open your mouth through. A simple strip is enough to keep your mouth closed without interfering with opening if need arises. I must say there have not been any scientific studies to confirm that mouth taping is an effective technique for improving sleep. I am hoping someday that research will back it up, but research does back up breathing through the nose for better health. **PLEASE DO NOT TAPE YOUR MOUTH THAT YOU CANNOT OPEN IT EASILY IF YOU TRY THIS. Do at own Risk!**

Do YOU/CAN YOU
Do THIS?
SHORT WELLNESS SELF-
CHECKS

**Do you Tape Your
Mouth?
It might change
your life**

