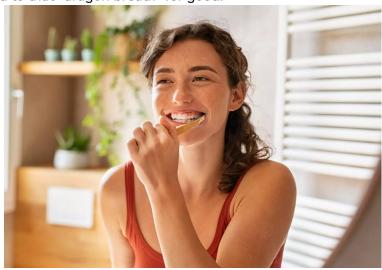
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How Get Rid of Your Morning Breath—and Prevent it in the First Place, According to Dentists

Put an end to that "dragon breath" for good.



<u>Morning breath</u> is a stinky—yet incredibly common—problem. As for why it happens in the first place? The amount of saliva in your mouth actually lessens while you sleep, creating a hot bed for the bacteria that causes those pesky morning odors.

Focus on Your Tongue

Since we know that bacterial colonization is the cause of bad breath, <u>Dr. Alex Rubinov</u>, a New York City cosmetic dentist says the key is to make sure there's *less* bacterial growth overall—both at night and in the morning. One way to tackle this is to target an area that is often <u>missed by brushing</u> alone. "I can't emphasize enough the importance of using a tongue scraper [when] you brush your teeth," Rubinov says. "Your tongue harbors a lot of bacteria, and if that isn't cleaned daily, then your morning breath has compounding effects."