

martha stewart

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.



Morning breath 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, Dr. Alex Rubinov, 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 missed by brushing 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."