



ToothWiz Health • Morning Breath Fix-It List

Before Bed

- Brush your teeth thoroughly for 2 minutes
- Floss to remove trapped food between teeth
- Use an alcohol-free mouthwash
- Scrape your tongue from back to front
- Avoid sugary or acidic snacks before sleep
- Drink a glass of water before bed
- Breathe through your nose (use saline spray if needed)

In the Morning

- Drink water immediately upon waking
- Brush your teeth and tongue again
- Use a gentle mouthwash or natural rinse
- Eat a healthy, fiber-rich breakfast
- Chew sugar-free gum with xylitol (optional)

Daily Habits to Support Fresh Breath

- Stay hydrated (aim for 8+ glasses of water daily)
- Eat more probiotics (yogurt, kefir, or supplements)
- Limit sugar and processed carbs
- Brush your teeth after meals, when possible
- Clean your tongue at least once a day
- Schedule regular dental cleanings
- Avoid tobacco products
- Use essential oils (like peppermint or tea tree) in rinses

Reminder: Fresh breath starts with consistent habits -- not just quick fixes!