Why does my mouth feel yucky when I wake up?

Yuck! Why does my mouth feel yucky when I wake up?



Why?

1. Tiny germs live in your mouth.
Your mouth is home to tiny germs called bacteria. They are too small to see. There are hundreds of kinds, and most of them live there without hurting you. Bacteria eat the tiny bits of food left in your mouth. As they eat, they make a stinky gas. A little like rotten eggs!

2. When you are awake, your spit keeps washing your mouth.
It rinses away food bits and bacteria. But when you fall asleep, your mouth makes much less spit. The wash slows way down.

3. The bacteria have the whole night.
They eat, there are more and more of them, and the stinky gas builds up. Some people sleep with their mouths open. Then the air dries the mouth even more.

Try it! The fuzzy tongue test

You need: your toothbrush

1. In the morning, slide your tongue over your teeth.
2. Fuzzy? Now brush.
3. Slide your tongue over them again.

What happened? Smoother! Brush your teeth for two minutes, and your mouth feels fresh.

Video + more questions:
whywhywhykids.com/morningmouth

scan with a grown-up