



# The Harmful Effects of Mouth Breathing by Coast Dental Singapore

[Coast Dental](#) is a modern state-of-the-art dental practice situated in Singapore's heritage neighbourhood of Katong and Joo Chiat. We understand a dental visit can be surrounded by feelings of anxiety. We created Coast Dental to create a unique dental experience for you and your family.

The benefits of breathing through the nose is that the fine hairs present inside the nose acts as a filter to prevent unwanted particles from entering the lungs. Breathing through the nose also helps to warm and humidify the air which is inhaled. When breathing through the mouth, the benefits of nasal breathing is lost.

Apart from not getting the benefits of nasal breathing, mouth breathing carries a large number of harmful effects. Craniofacial development (the development of the bones of the head and face) is greatly affected with mouth breathing. The tongue has a big role to play in this. During mouth breathing, the tongue adopts a low forward position rather than resting at the palate (roof of the mouth). The picture below shows where the tongue should rest during nasal breathing.

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