



It's starting to heat up! And, with the rise in temperature, our bodies produce less saliva which can lead to a dry mouth. Take a look at these quick tips to keep your mouth hydrated:



Sucking on sugar-free hard candies or chewing sugar-free gum



Sipping or sucking ice chips to moisten your mouth through the day



Adding moisture to your bedroom as you sleep, in the form of a humidifier



Trying over-the-counter saliva substitutes that contain xylitol, carboxymethylcellulose, or hydroxyethyl cellulose.



Practicing breathing through your nose and not your mouth



Rinse with alcohol free mouthwash