

Forum:[Hack Forums](#)

Thread: [Do you breath through your nose or mouth?](#)

Chuan - January 9, 2021, 5:09 pm

Do you breath through your nose or mouth and why? I breath a lot through my mouth because my nose is blocked most of the time but when my nose is unblocked I breath through my nose which feels a lot better and makes my brain a lot more active.

Fellow Man - January 9, 2021, 5:12 pm

I always breathe through my nose. When I'm running I breathe through my nose and out my mouth though.

Chuan - January 9, 2021, 5:15 pm

(Jan 9, 2021 06:12 PM)Fellow Man Wrote: [\[CITE\]](#) I always breathe through my nose. When I'm running I breathe through my nose and out my mouth though.

Any specific reason? How do you feel when you take a deep breath and put your hand on your belly and your other hand on your chest?

Fellow Man - January 9, 2021, 5:17 pm

(Jan 9, 2021 06:15 PM)Chuan Wrote: [\[CITE\]](#) Any specific reason? How do you feel when you take a deep breath and put your hand on your belly and your other hand on your chest?

Idk I feel like my nostrils get a good amount of air in for my lungs...

how do you feel when you pat your head with one hand and rub your head with the other?

Utility - January 9, 2021, 5:24 pm

I have a deviated septum in my nose so I am able to breath through my nose but only through one nostril.

I try to make it a habit to breath through my nose though and I'm planning on getting my issue fixed.

Fellow Man - January 9, 2021, 5:28 pm

(Jan 9, 2021 06:24 PM)Utility Wrote: [\[CITE\]](#) I have a deviated septum in my nose so I am able to breath through my nose but only through one nostril.

I try to make it a habit to breath through my nose though and I'm planning on getting my issue fixed. Fuck that sounds rough. Is there a way to fix it?

Utility - January 9, 2021, 5:31 pm

(Jan 9, 2021 06:28 PM)Fellow Man Wrote: [\[CITE\]](#) fugg that sounds rough. Is there a way to fix it?

It's called Septoplasty.

It's basically them straightening my septum and then repositioning it the correct way.

Blogger - January 9, 2021, 5:35 pm

I breathe out of my nose when I'm awake, my mouth when I'm in deep sleep.

SIM-3558566 - January 9, 2021, 5:44 pm

I breathe nasally 24/7, unless I'm sick. I also tape my mouth while I sleep.

To anyone who is having trouble with blocked nose, follow this:

exhale all your air out of your nose.
hold your breath for as long as until your air hunger is at its strongest point
while doing this, close your nostrils with your fingers and move your head up and down
once your air hunger is at its strongest point, inhale through your nose only.
repeat a few times if you need to, but it works.

Fellow Man - January 9, 2021, 5:59 pm

(Jan 9, 2021 06:31 PM)Utility Wrote: [\[CITE\]](#) It's called Septoplasty.
It's basically them straightening my septum and then repositioning it the correct way.
Do you ever plan to have it done ?

Utility - January 9, 2021, 6:01 pm

(Jan 9, 2021 06:59 PM)Fellow Man Wrote: [\[CITE\]](#) Do you ever plan to have it done ?
Probably eventually. No real health concern other than sleep apnea and snoring but it hasn't been a problem yet so I'm saving up money for other things.

Fellow Man - January 9, 2021, 6:25 pm

(Jan 9, 2021 07:01 PM)Utility Wrote: [\[CITE\]](#) Probably eventually. No real health concern other than sleep apnea and snoring but it hasn't been a problem yet so I'm saving up money for other things.
Ah I feel yah there I just feel like it would get hard to breathe at night lol

Generation - January 9, 2021, 8:16 pm

It's really hard for me to knock off my mouth breathing habits, but yeah my nose being stuffed all the time doesn't help me..

Fellow Man - January 9, 2021, 8:18 pm

(Jan 9, 2021 09:16 PM)Generation Wrote: [\[CITE\]](#) It's really hard for me to knock off my mouth breathing habits, but yeah my nose being stuffed all the time doesn't help me..
Do you snore?

Jinu - January 9, 2021, 8:30 pm

I am mostly breathing via the nose. When I have breathing difficulties like a closed nose or wheezing, I use my mouth. But using mouth consumes more energy.

Marxist - January 9, 2021, 8:35 pm

My nose at rest. When I run I breath through both.

Method - January 9, 2021, 8:43 pm

mouth breathing should be illegal

Fellow Man - January 9, 2021, 8:51 pm

(Jan 9, 2021 09:43 PM)Method Wrote: [\[CITE\]](#) mouth breathing should be illegal
I hate people who breathe out of there mouth in public. Not gonna lie. But we all got our pet peeves

Chuan - January 9, 2021, 9:10 pm

I mean most people breathe from their mouths when they are running in so that should make an exception of mouth breathing in public.

popZmoke - January 9, 2021, 9:20 pm

Breathing throw ur nose is better for ur body btw

Generation - January 9, 2021, 9:33 pm

Yes i do haha, luckily my gf learned to sleep with it.

Tjm - January 9, 2021, 9:39 pm

Nose except when I'm breathing heavy from doing something, then both.

jack sparrow - January 9, 2021, 11:33 pm

I always breathe through the nose, but when i run, i take it through my mouth too

MiSHo - January 9, 2021, 11:57 pm

ummm actually i use nasal drops to let me breathe from my nose (otrivin) , I have been using it for 5 years ago , can't breathe without it , so always carry it with me everywhere anytime

guardian - January 10, 2021, 12:41 am

My way of breathing is pretty weird. I breath through both at the same time, although my nose does 80% of the work.

junkie - January 10, 2021, 12:43 am

Most of the times I do not breath at all or IF I breath, I usually use my ears.

Alice Dee - January 10, 2021, 12:44 am

Breathing through your nose is scientifically superior.

I used to breath through my mouth as I found it hard to breath through my nose, but I've gotten used to it and now I just rest my tongue at the top of my mouth while nose breathing.

DeITex - January 10, 2021, 12:59 am

One of my nostrils is almost always blocked (changes side time to time). I almost always breathe through my nose though. You stay more hydrated for longer this way.

2xTheTap115 - January 10, 2021, 2:08 am

Like you, I definitely prefer to breathe through my nose, however I am forced to breathe through my mouth.

Juoku - January 10, 2021, 3:39 am

Always through my nose, only when I'm sick and my nose is clogged then I use my mouth, or when running ;)

SIM-4807019 - January 10, 2021, 6:21 am

i breath through my mouth intensely when i masturbate

Neon™ - January 10, 2021, 6:28 am

Through the nose 24/7 .

Renowned - January 10, 2021, 7:52 am

I pretty much exclusively breathe through my nose, breathing through my mouth just feels weird and dries out my throat lol.

Rev - January 10, 2021, 7:56 am

I had sinus issues for a long portion of my life. I was unable to breathe through my nose or blow it. Once I got a bit older, finally I could blow my nose and ever since, I've had more energy, more stamina, and can recover more quickly.

Didn't realize that just being able to bring in more air would drastically increase my wellbeing.

So.. Now I breathe through my nose unless I'm doing something that requires more exertion .

Jake Johnson - January 10, 2021, 9:15 am

I breathe through my mouth when I sleep. However, throughout the day I mainly breathe through my nose. I think when I sleep I breathe through my mouth due to the fact I can't breathe through my nose the best... maybe deviated septum I just have never got it checked out over the years yet.

C++ - January 10, 2021, 9:43 am

My nose is way better than mouth. My science teacher taught me you have more protections through your nose. Basically it filters bad air.

Fellow Man - January 10, 2021, 9:58 am

(Jan 10, 2021 07:21 AM)SIM-4807019 Wrote: [\[CITE\]](#) i breath through my mouth intensely when i masturbate

Lmfao I think we all do good sir!!! ???

Bossk - January 10, 2021, 10:43 am

I can't fucking stand a person who breathes through their mouth without exercising.

Fellow Man - January 10, 2021, 10:51 am

(Jan 10, 2021 04:39 AM)Juoku Wrote: [\[CITE\]](#) Always through my nose, only when I'm sick and my nose is clogged then I use my mouth, or when running ;)

Makes me forget how nice it is to breathe through my nose whenever im sick !! LOL

Juoku - January 10, 2021, 10:58 am

(Jan 10, 2021 11:51 AM)Fellow Man Wrote: [\[CITE\]](#) Makes me forget how nice it is to breathe through my nose whenever im sick !! LOL

yeah, nothing feels better than suddenly being able to breathe through your nose again!

Fellow Man - January 10, 2021, 1:34 pm

(Jan 10, 2021 11:58 AM)Juoku Wrote: [\[CITE\]](#) yeah, nothing feels better than suddenly being able to breathe through your nose again!

Having a clogged nose actually keeps me up at night when I'm sick lol I fucking hate it !!

kuebiko - January 10, 2021, 2:00 pm

My nose. Breathing through my mouth feels weird.

jecoylecroy - January 10, 2021, 11:27 pm

I think I breath in both mouth and nose.

siddy357 - January 11, 2021, 2:34 am

(Jan 9, 2021 06:09 PM)Chuan Wrote: [\[CITE\]](#) Do you breath through your nose or mouth and why? I breath a lot through my mouth because my nose is blocked most of the time but when my nose is unblocked I breath through my nose which feels a lot better and makes my brain a lot more active.

You need to consult a doctor for the nose issue mate.

Mr. Atlas - January 14, 2021, 2:14 pm

I think your nose is for breathing but I'm not sure
you might want to see a doctor if your nose doesn't work, instead of posting on HF ...

Lyralei - January 14, 2021, 2:24 pm

My nose, of course, the only time I breathe through my mouth is when I jog and get tired.

Malthemar - January 15, 2021, 9:05 am

Through my nose.

Mouth-breathing is not for me.

Rev - January 15, 2021, 9:05 am

Curveball incoming. I breathe through my skin

Pikachu - January 15, 2021, 9:23 am

Mainly nose, but sometimes mouth when my nose is stuffed or congested.

Fellow Man - January 15, 2021, 10:33 am

(Jan 15, 2021 04:40 AM)Johansson Wrote: [\[CITE\]](#) Breathing through your mouth is a sign your nose isn't doing its job.

yah might wanna check with a doc lol

Parks - January 15, 2021, 11:57 am

(Jan 10, 2021 01:44 AM)Alice Dee Wrote: [\[CITE\]](#) Breathing through your nose is scientifically superior.

I used to breathe through my mouth as I found it hard to breathe through my nose, but I've gotten used to it and now I just rest my tongue at the top of my mouth while nose breathing.

I sense a mouth mower.

SIM-3106893 - January 15, 2021, 3:33 pm

I try to breathe through my nose since I feel it's annoying to breathe through your mouth. If your nose is blocked you should get some sinus nose cleaner. It unblocks the nose

Cooligan - January 15, 2021, 3:34 pm

I breathe through my nose like normal people.

A + - January 15, 2021, 5:36 pm

Definitely a nose breather. I used a Netty Pot like it was going out of style maybe 10 years ago. I haven't touched it since then but my nose has been pretty much clear ever since.

Spore - January 15, 2021, 5:39 pm

I breathe through my nose mostly, except for when I'm asleep. My gf says I sound like a vacuum. Don't even really snore that much, I just breathe like a wind tunnel

RTKN - January 15, 2021, 5:55 pm

Depends, but Nose as always

ingenious - January 15, 2021, 7:49 pm

Is it weird if I never noticed how I breathe!

Fellow Man - January 15, 2021, 9:46 pm

(Jan 15, 2021 08:49 PM)ingenious Wrote: [\[CITE\]](#) Is it weird if I never noticed how I breathe! Well now that you noticed... do you use your mouth or nose!?!?!

Boil - January 15, 2021, 9:50 pm

Honestly, I breathe through my nose but when being quiet, sneaky, doing something that requires me to breathe a lot I use my mouth. Speaking of, do you guys do the weird jaw thing with your mask to get it off your nose? If you know you know.

Red right hand - January 15, 2021, 9:50 pm

I mainly breath through my mouth cause my nose has this wierd fucking thing were it doesn't allow sufficient amounts of oxygen to pass through (can't even drink water from a bottle without feeling like I'm drowning)

Fellow Man - January 15, 2021, 10:24 pm

(Jan 15, 2021 10:50 PM)Red right hand Wrote: [\[CITE\]](#) I mainly breath through my mouth cause my nose has this wierd fugging thing were it doesn't allow sufficient amounts of oxygen to pass through (can't even drink water from a bottle without feeling like I'm drowning)Holy shit that's awful. Any fix for it?

Red right hand - January 15, 2021, 10:26 pm

(Jan 15, 2021 11:24 PM)Fellow Man Wrote: [\[CITE\]](#) Holy shit that's awful. Any fix for it?
Was gonna have surgery for it but then Corona came in and now I have to wait till august

Fellow Man - January 15, 2021, 10:27 pm

(Jan 15, 2021 11:26 PM)Red right hand Wrote: [\[CITE\]](#) Was gonna have surgery for it but then Corona came in and now I have to wait till august
Screw that lol there's no way I could live with that dawg

Red right hand - January 15, 2021, 10:29 pm

(Jan 15, 2021 11:27 PM)Fellow Man Wrote: [\[CITE\]](#) Screw that lol there's no way I could live with that dawg
I hate eating cake because of this or any food in general except like carrot and other shit cause easy to chew and non sticky

Fellow Man - January 15, 2021, 10:30 pm

(Jan 15, 2021 11:29 PM)Red right hand Wrote: [\[CITE\]](#) I hate eating cake because of this or any food in general except like carrot and other shit cause easy to chew and non sticky
Wait so do you only eat carrots?

Red right hand - January 15, 2021, 10:32 pm

(Jan 15, 2021 11:30 PM)Fellow Man Wrote: [\[CITE\]](#) Wait so do you only eat carrots?
I eat other stuff as well as long as it dosnt stick

Fellow Man - January 15, 2021, 11:00 pm

(Jan 15, 2021 11:32 PM)Red right hand Wrote: [\[CITE\]](#) I eat other stuff as well as long as it dosnt stick
I was gonna say dude there's no way that would literally suck

Yoda_warrior - January 16, 2021, 3:01 am

(Jan 9, 2021 06:12 PM)Fellow Man Wrote: [\[CITE\]](#) I always breathe through my nose. When I'm running I breathe through my nose and out my mouth though.
Hehe nice to see some people do same as me ? Breathe friends ??

ingenious - January 16, 2021, 3:30 am

(Jan 15, 2021 10:46 PM)Fellow Man Wrote: [\[CITE\]](#) Well now that you noticed... do you use your mouth or nose?!?!?
Its noe! ??

The - January 16, 2021, 3:45 am

I'm a mouth-breather.

You can quote me on that.

Fellow Man - January 16, 2021, 7:25 pm

(Jan 16, 2021 04:45 AM)The Wrote: [\[CITE\]](#) I'm a mouth-breather.

You can quote me on that.

Oh fuck no sir.... You need to be in jail!!! LOL ??

Xerotic - January 16, 2021, 9:55 pm

While I was reading this my mouth was closed and I was breathing through my nose. So seems like I'm a nose guy.

Fellow Man - January 16, 2021, 11:22 pm

(Jan 16, 2021 10:55 PM)Xerotic Wrote: [\[CITE\]](#) While I was reading this my mouth was closed and I was breathing through my nose. So seems like I'm a nose guy.

When you sleep are you a mouth open guy or a snoring through the nose guy?

IThesislayer - February 15, 2021, 8:32 am

I always breathe through my nose. When I'm running I breathe through my nose and out my mouth though.

ghostboy - February 15, 2021, 1:29 pm

I breathe through my nose. I would never get caught being a mouth breather

FogFox - February 15, 2021, 1:31 pm

I try to use my most when its not blocked. I read that using your mouth can be bad for your teeth.

ghostboy - February 18, 2021, 4:49 pm

(Feb 15, 2021 02:31 PM)FogFox Wrote: [\[CITE\]](#) I try to use my most when its not blocked. I read that using your mouth can be bad for your teeth.

Using your mouth is bad for your health. You should only exhale from the mouth

Nate - February 18, 2021, 11:52 pm

Don't know it's mixed probably more mouth Imfao

Doomslayer - February 19, 2021, 1:36 am

(Jan 9, 2021 09:16 PM)Generation Wrote: [\[CITE\]](#) It's really hard for me to knock off my mouth breathing habits, but yeah my nose being stuffed all the time doesn't help me..

Same here fuck that shit

NoneStar - February 19, 2021, 6:50 am

I feel like most people only breathe through their mouth after intensive exercise, at least it's that way for me iirc.

Yanix - February 19, 2021, 6:51 am

Most of the times I breath on my nose...but when I am swimming I usually use my mouth :D

f o r m i d a b l e - February 19, 2021, 6:54 am

when you say your brain is active, everyone will say breathe out the nose too.

ya gonna be stupid breathing out of mouth naturally.

ilcaneee - February 27, 2021, 9:59 am

I had the same problem long ago ... My nose just was not working . Last year it just started working ... IDk what happend but thanks God . Now I am using my nose and I feel so good ! I feel you bro .. hope you get better !

Koyote - February 27, 2021, 10:09 am

I try to only breathe through my nose but I have really bad sinus problems and sometimes I just can't. Half of the day my head feels swollen up from sinus pressure, and breathing can be genuinely impossible sometimes. The amount of nosebleeds I get is unreal too. I'm hoping to have surgery at some point this year to rectify things, but it keeps getting delayed because of lockdowns.

SIM-4716193 - February 27, 2021, 10:22 am

Mouth, it's kinda difficult to breathe from nose when yiu suffer from sinuses