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Thread: [Do you sleep with your mouth open or closed?](#)

shreder - March 2, 2021, 11:42 am

I sometimes find myself sleeping with my mouth open and a dry throat. I don't know if that is a bad thing. What about you guys?

Blogger - March 2, 2021, 11:44 am

Closed, but if I'm really tired, I'll awake to my mouth being wide open.

Megatron - March 2, 2021, 11:45 am

I'm not entirely sure. I think I do both, but I often find myself breathing through my nose when I wake up.

Big Tyrone - March 2, 2021, 12:22 pm

If I'm super high I'll sleep with my mouth open if I'm just going to sleep normally I'd go to sleep with my mouth closed.

shreder - March 2, 2021, 12:32 pm

(Mar 2, 2021 12:46 PM)Davkul Wrote: [\[CITE\]](#) I normally sleep with my mouth closed, but I know exactly what you mean, it has actually happened to me a couple times and I'm not sure why because I don't snore, I'm a pretty silent sleeper and I believe I gotta thank the retainer I wore as a kid every night for that.

I use to think I was a silent sleeper until lately I sleep with my mouth open and snore haha.

Neon™ - March 2, 2021, 1:09 pm

I sleep with my mouth closed, however every time I sleep during a flight or while in a car or a bus, I sleep with my mouth open and then I wake up thirsty af, no idea why.

SIM-3343347 - March 2, 2021, 2:20 pm

If I am sick, I often open my mouth, it's hard to breath with noose full of bugs

Craig - March 2, 2021, 6:47 pm

I'm not quite sure.. I mean, I fall asleep with my mouth closed but I wake up with it open.. so who knows? Does my mouth open when I fall asleep or does it stay closed until I'm waking up?

Swrvx - March 2, 2021, 7:03 pm

My sinuses get so clogged sometimes I know I be falling asleep with my mouth wide open.

shreder - March 2, 2021, 7:10 pm

(Mar 2, 2021 08:03 PM)Swrvx Wrote: [\[CITE\]](#) My sinuses get so clogged sometimes I know I be falling asleep with my mouth wide open.

haha that happens to me a lot especially when allergies come.

vyactor - March 2, 2021, 7:24 pm

I'm myself not sure what I do. I wonder how people keep mouth open while sleeping. Most probably, I've mine closed.

jecoylecroy - March 3, 2021, 2:41 am

I think I sleep with mouth open.

N - March 3, 2021, 5:39 am

I sleep with my mouth closed, only if I'm hungover or extremely dehydrated in the room you might be catch me breathing with my mouth open.

Dripstur - March 3, 2021, 5:46 am

Definitely a closed mouth sleeper lol. I mean there are times I'll wake up mouth open but usually closed

Mortifier - March 3, 2021, 5:49 am

Do you find sometimes you wake up feeling less rested than when you went to sleep?

Sleeping with mouth open all the time is a sign of Sleep Apnea, definitely worth while getting checked out.

Bossk - March 3, 2021, 9:10 am

How would one know this without investigating

Maxii - March 3, 2021, 3:58 pm

Closed but find it open when waking up xD

Justin - March 3, 2021, 4:00 pm

I don't even realize if it's closed or open when I wake up, but I've seen pictures that my gf took of me with me sleeping with it open, soo..

Open mouth sleeper here. I also snore but only in one sleeping position, not in all.

severos - March 3, 2021, 5:44 pm

I used to sleep with mouth open, but then I started drooling too much while asleep... not fun having that when you roll much in your sleep