

3 Ways Sleep Affects Your Oral Health

1) You've probably heard people joke that getting the full eight hours of sleep is considered "beauty rest."

This is not just a legend; sleep can improve aesthetics.

Sleep can rejuvenate your skin, preventing sagging and wrinkled skin. And sleep helps far more than just appearance. It can help brain function, heart health, and more.

2) Sleep deprivation, on the other hand, can wreak havoc on your body.

Where your oral health is concerned, it can result in gum diseases that may lead to tooth loss. You significantly reduce your risk for gum disease by sleeping the required number of hours.

Studies show that people who don't get enough sleep are at almost the same risk for gum disease as people who smoke regularly. This is because sleep deprivation makes the body feel nervous.

A sleep deprived body sends out signals that increase inflammation throughout the body – including the gums. These inflamed gums are more prone to disease, which can lead to tenderness, bleeding, shifting teeth, and eventually tooth loss.

3) Achieving your goals while getting less than seven hours of sleep might be working for you now, but if you keep it up, later in life you could develop health problems, including gum disease.

To get more sleep, try to create a routine for yourself, and do your best to stick with it.

Schedule your day so that top priority tasks get done first. If it gets to be evening and you still have things on your list, put them on hold and tackle them after you have had your requisite seven to eight hours of sleep.

Your future smile will thank you.

