

Allergy Season & Mouth Breathing Checklist



WHAT TO WATCH FOR THIS SPRING

Check any signs you've noticed:

- Frequent stuffy nose or congestion
- Mouth breathing during the day
- Mouth open while sleeping
- Snoring
- Dry lips
- Dry mouth in the morning
- Dark circles under the eyes
- Restless sleep
- Waking tired
- Open-mouth posture at rest
- Difficulty keeping lips together
- Frequent throat clearing
- Irritability or low energy
- Trouble focusing
- Chewing with mouth open

QUESTIONS TO ASK YOURSELF

- Do symptoms seem worse during allergy season?
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- Is sleep affected when congestion increases?
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- Do you notice more mouth breathing indoors, outdoors, or at night?
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- Are symptoms happening occasionally or most days?
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