

# Nasal breathing

## Summary

**Mouth breathing:** Dries out upper airways, leading to inflammation, narrowing of airways

**Nasal breathing:** Slows down your breath, activates diaphragmatic breathing, lowers heart rate, 10-20% better uptake of oxygen

**Nitric oxide:** Only produced in the nasal passages anti-bacterial, anti-fungal, increases oxygen uptake in the blood.

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## Nose breathing benefits

- Nose slows down your breathing and helps pick up more nitric oxide
  - **Nose breathing:** activated diaphragm breathing, slows down breathing, lowering stress, 10-20% better uptake of oxygen, filters the air, reduces heart rate
  - **Mouth breathing:** activates the chest, more speech problems, bad breath
  - **Nitric Oxide:** Sterilizes the air as it comes in
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## The Benefits of Nasal Breathing

- The nose is the only organ that conditions, moistens and regulates breathing volume, which protects the upper exercise
- Still better to breathe with your nose during rest, exercise and sleep
- **Mouth breathing:** dries out upper airways leading to inflammation, narrowing of airways, contributes to bad breath and poor dental health
- **Nitric oxide:** Antiviral, antibacterial and helps redistribute the blood throughout the lungs, increasing oxygen uptake in the blood
- **Nasal breathing:** Recovery post exercise is better, less expired oxygen, meaning your body utilizes oxygen more efficiently

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