SANDQUIST DENTISTRY

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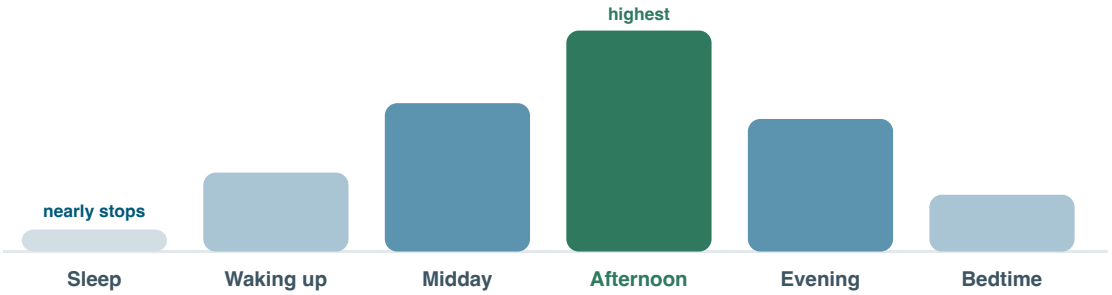
SALIVA CHECK-IN

Your saliva clock

Saliva isn't steady all day. Its resting flow follows your body clock, which changes how well your mouth defends itself from hour to hour.



Resting flow across a typical day. Bar heights show the pattern, not measured values. Eating raises flow at any hour, because chewing is the pump.

Z Sleep: flow nearly stops

Why your mouth feels driest when you wake, and why anything sugary or acidic before bed lingers with almost no protection.

Do: nothing but water after your last brushing.

1 Waking up: still catching up

Flow hasn't reached its daytime level yet, so acidic drinks first thing get less buffering than later in the day.

Do: a glass of plain water before the coffee or juice.

2 Midday: climbing

Flow keeps rising toward its peak, and meals add a burst on top, because chewing drives saliva on demand.

Do: xylitol gum or a lozenge after lunch.

3 Afternoon: flow peaks

Resting flow is typically at its highest. This is when your mouth recovers from a meal or drink fastest.

Do: if you're having a treat, have it with a meal, not sipped over hours.

4 Evening: winding down

Flow starts falling again. The later something sweet or acidic comes, the less time your mouth has to recover before sleep.

Do: finish eating and snacking well before bed.

5 Bedtime: the brushing that counts

Whatever is on your teeth at bedtime stays there all night with no saliva to wash it off.

Do: brush and clean between, then fluoride or nano-hydroxyapatite paste last. Spit, don't rinse.

If your mouth is dry, every bar is lower.

Medications, mouth breathing and conditions like Sjögren's disease reduce flow all day, so the night has nothing left to give. A bedroom humidifier helps, and a saliva test tells us where your baseline sits.

Questions? 702-734-0776 · 2650 Lake Sahara Dr., #160, Las Vegas, NV 89117
Mon & Tue 7-12, 1-5 · Wed 7-12, 1-3 · Thu 7-12, 1-4

Sources: Dawes C. J Physiol. 1972;220(3):529-545. Schneyer LH, et al. J Dent Res. 1956;35(1):109-114. General information, not a substitute for an exam.

Dry mouth article