

Dry Mouth!



[Pathen](#) 26 posts since

Jul 9, 2007

Hi! I've been cycling for a while and noticed that my mouth tends to get really REALLY dry. I've tried only breathing through my nose, but I don't seem to get enough air that way. Should I just take some water breaks, or is there some special way you should breath while riding?

Thanks a bunch!



[jkenny5150](#) 252 posts since

Jul 9, 2007 1. **Re: Dry Mouth!** Aug 15, 2005 6:48 AM

Yes, you need to hydrate... especially on rides longer than 15-20 miles.



[triruth](#) 174 posts since

Jul 9, 2007 2. **Re: Dry Mouth!** Aug 18, 2005 12:01 PM

Hydration is crucial; especially if you live in the south. Make sure you're not mixing your sport drink too strongly. If so, you'll actually dehydrate by drinking it. The key to hydration is to drink BEFORE you're thirsty. It's a lot easier to maintain fluid levels than to replenish them. The latter has you playing catch-up for the whole ride... and the hours afterwards.



[Gee Whiz Man!](#) 14 posts since

Jul 9, 2007 3. **Re: Dry Mouth!** Aug 20, 2005 2:48 AM

Some people have had success keeping hydrated with using a "camel-back" type hydration back-pack. With the bite valve close by it makes it easy to continually take a sip of water and avoid the dry mouth. Or, if you prefer take a sip from your water bottle at a specific time interval, like every 15 minutes, whether you "feel" thirsty or not.



[omabikeryder](#) 289 posts since

Jul 9, 2007 4. **Re: Dry Mouth!** Aug 22, 2005 5:40 PM

Dry Mouth!

To attack the problem from a different angle; you did mention not being able to breathe through your nose. If you want help in that area, try a breathe right strip. They open up the nasal passages, especially helpful if that area is already constricted. Common if you've ever had your nose broken.



[hiwaybeats34](#) 1 posts since


Aug 7, 2008 5. **Re: Dry Mouth!** Aug 14, 2008 8:30 AM

Not sure if this is a no-no but i can not ride if i'm not chewing gum. I find that drinking LOTS of fluid...Inhaling through my nose-exhaling through my mouth helps control my pie hole hydration. Mint gum seems to be the best...not too sugary.



[MotiveForcer](#) 324 posts since

Jul 9, 2007 6. **Re: Dry Mouth!** Sep 13, 2008 11:04 PM

 in response to: [hiwaybeats34](#)

So, did you open your nose and drink more water? Are you still dry?

EJ