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Why is it a bad habit to bite our nails?

It's bad for your teeth Regularly biting your nails can cause your teeth to shift out of place, which can require correctional braces or a retainer. Nail biting could also cause your teeth to break or could damage your tooth enamel. The germs could also potentially infect, or cause irritation, to your gums.

RELATED QUESTIONS

Is Biting nails a mental disorder?

Nail biting can be associated with mental health conditions, such as: attention deficit hyperactivity disorder (ADHD) major depressive disorder (MDD) obsessive-compulsive disorder (OCD)

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