



# Manual Toothbrush vs. Electric Toothbrush

<b>Manual Toothbrush</b> 	<b>Electric Toothbrush</b> 
<ul style="list-style-type: none"><li>• Manual toothbrushes do not cost as much as electric toothbrushes.</li></ul>	<ul style="list-style-type: none"><li>• Electric toothbrushes last longer than manual ones.</li></ul>
<ul style="list-style-type: none"><li>• It's easy to take a manual toothbrush with you when you travel. It's not bulky like an electric toothbrush. You also wouldn't need to remember to charge your manual toothbrush or get batteries for it like the electric toothbrush.</li></ul>	<ul style="list-style-type: none"><li>• Electric toothbrushes cause less damage to your gums and tooth enamel because the majority of them have pressure sensors.</li></ul>
<ul style="list-style-type: none"><li>• Since not much of efforts are required, frequently people rely only on vibration and rotation of power toothbrush bristles and fail to clean their teeth and mouth properly.</li></ul>	<ul style="list-style-type: none"><li>• The majority of powered toothbrushes have a timer, therefore, your toothbrush can let you know when two minutes necessary for effective brushing are up.</li></ul>
<ul style="list-style-type: none"><li>• People with problematic and very sensitive teeth have to use manual toothbrushes as it is impossible to find electric toothbrushes with soft and extra-soft bristles.</li></ul>	<ul style="list-style-type: none"><li>• Generally, the handles of electric toothbrushes are more ergonomic and comfortable for a firm grasp.</li></ul>

Depending on your personal preferences, you can use either manual or electric toothbrush – both of them will be effective if you like brushing your teeth and do really care about your dental situation. The way you brush your teeth, as well as the frequency and duration of your brushing sessions are the most important factors for effective oral hygiene and good health of your teeth.