



Protect your teeth from grinding and clenching! This can save from additional dental expenses if left unprotected in the future.

Bruxism is a condition that involves grinding or clenching your teeth. If you have bruxism, you may unconsciously grind or clench your teeth together during the day or night. Bruxism puts pressure on the muscles, tissues, and other structures around your jaw, and can wear the edges of teeth and cause chipping and/or fractures.

Diagnosis of bruxism usually comes from wear areas on the teeth (called wear facets) that are found at routine dental checkups or by reports of jaw soreness in the mornings. Because you may have sleep bruxism and be unaware of it until complications develop, it's important to know the signs and symptoms of bruxism and to seek regular dental care. The following are common symptoms of bruxism, but may or may not be present in every patient:

- Cracked, chipped, and/or worn teeth
- Jaw or ear soreness
- Tension headaches
- Facial pain
- Grinding noise at night
- Teeth sensitivity
- Abfraction lesions (see below)

### Identifying the signs of bruxing and clenching



The symptoms can cause temporomandibular joint disorder (TMD), teeth sensitivity, unaesthetic wear on teeth, and cracking and chipping of teeth. Also, it may take years for the first visible signs of worn teeth to appear; yet, often it is these signs which lead to a diagnosis of past or present bruxism.

**Over 80% of all bruxers may be unaware of the habit** (Thompson, Blount, and Krumholtz, 1994). Often it happens as we sleep, caused not just by stress and anxiety but, also possibly, by sleep disorders, an abnormal bite, or teeth that are missing or crooked. Protecting your teeth and jaws may be as simple as making a custom fit nightguard. The nightguard doesn't simply just protect teeth from wear and cracking, but, also, provides a correct bite so that the jaw and its muscles will be more relaxed.



*The nightguard is small and comfortable while still protecting your teeth and jaw.*

