

BRUXISM & Occlusal Orthotic Device



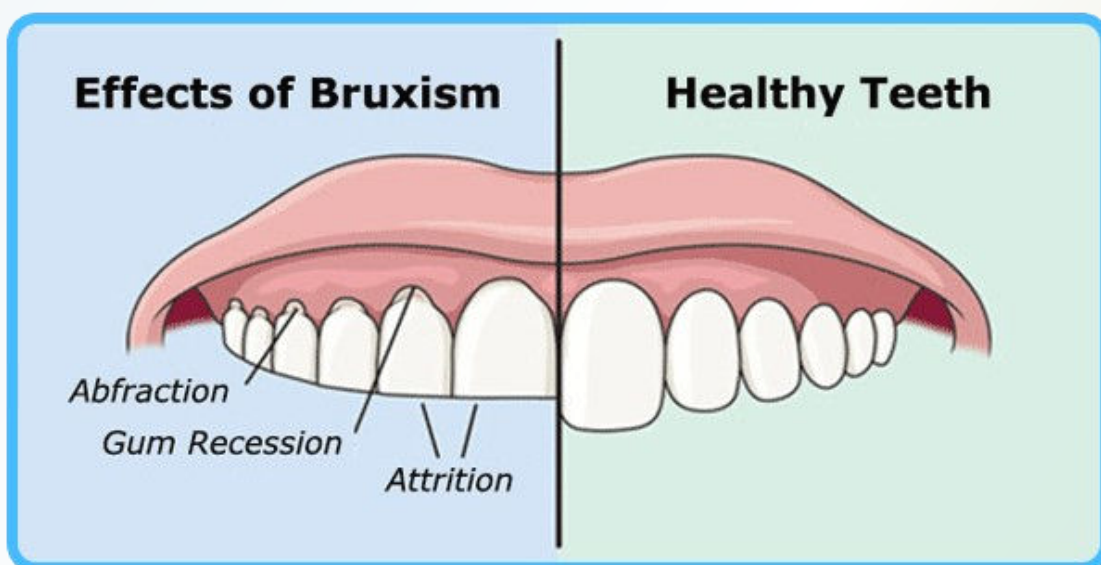
Bruxism (BRUK-siz-um) is a condition in which you grind, gnash or clench your teeth. If you have bruxism, you may unconsciously clench your teeth.

Sleep bruxism is considered a sleep-related movement disorder. People who clench or grind their teeth (brux) during sleep are more likely to have other sleep disorders, such as snoring and pauses in breathing (sleep apnea).

In some people, bruxism can be frequent and severe enough to lead to jaw disorders, headaches, damaged teeth and other problems.

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.

Occlusal orthotic devices are designed to keep teeth separated. Occlusal splint may relieve muscle pain and help with TMJ disorders to avoid the damage caused by clenching and grinding. They can be constructed of hard acrylic materials and fit over your upper or lower teeth.



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