

What Are The Types Of Mouthguards Available?

The device used to protect your teeth from grinding or clenching while you sleep or from injuries while you play sports is called **Mouthguard**. They can also help to relieve obstructive [sleep apnea](#) and to reduce snoring. Not all mouthguards are the same, however. Depending on your needs there are three main types of mouthguards are available. Read this article to learn about the different types including which ones are best for certain conditions.

Different types of mouthguards

1. Stock mouthguards- It is the most widely available and affordable type of **mouth guard for teeth grinding**. You can find them at most drug stores and goods stores. They fit over your teeth and usually come in small, medium, and large sizes. Most of the mouthguards only cover your top teeth. They do have some downsides, they are easy to find and inexpensive. They're usually uncomfortable and don't provide a tight fit due to their limited size options. While wearing one, this can also make it hard to talk.



2. boil-and-bite mouthguards- boil-and-bite mouthguards are sold in most drugstores and are relatively inexpensive similar to stock mouthguards. Boil-and-bite mouthguards come in one size that you can customize to fit your teeth instead of coming in a few sizes. Until it softens, this involves boiling the mouthguard and then placing it over your front teeth and biting down. Make sure you follow the instructions to get the best fit that come with it.

3. Custom-made mouthguards- By your **dentist**, you can also get a custom-made mouthguard. Specifically for the structure of your teeth and mouth, they'll take a mold of your teeth and use it to create a mouthguard.

As compared to stock or boil-and-bite mouthguard, this provides a much better fit. This makes them more comfortable and harder to accidentally dislodge while you're sleeping. A custom-made mouthguard is your best option [mouth guard for sleeping](#), snore, or have sleep apnea. Many dental insurance plans cover some or all of the cost because they're more expensive than over-the-counter mouthguards.



How to care for your mouthguard?

Since it spends a lot of time in your mouth, it's important to protect your mouthguard from damage and keep it clean. Follow these steps to get the most out of your mouthguard:

1. Before putting in your mouthguard, floss and brush your teeth.
2. Before putting it in and after taking it out, rinse your mouthguard with cool water or mouthwash.
3. To clean it after each use, use a toothpaste and toothbrush.
4. Check for holes or other signs of damage regularly, this means it needs to be replaced.
5. To any dentist, bring the mouthguard you have.
6. With some ventilation to protect it, store your mouthguard in a hard container and allow it to dry out between uses.
7. Even if the guard is in a container keep your mouthguard out of reach of any pets.
8. Mouthguards don't last forever always keep this in mind. As soon as you start to notice any holes or signs of wear, replace your mouthguard.