

What Are the Symptoms and Causes of Bruxism?

If you keep grinding your teeth a lot, you may suffer from Bruxism. This may lead to jaw pain and alignment problems. Sometimes you may not even notice you're teeth grinding. You can visit a [dentist open near me](#) for effective treatment of Bruxism.

The symptoms of Bruxism are:

- Loose teeth.
- Fractured and chipped teeth.
- Some teeth have worn out the layers of your teeth enamel.

What is Bruxism or teeth grinding?

Probably you may grind your teeth once in a while. Most of the time, they won't cause any harm. If you regularly grind your teeth, that may have a situation called Bruxism, and it can hurt the other parts of your mouth:

- Teeth.
- Jaw muscles.
- Temporomandibular joints (TMJs) connect your jawbone to your skull and allow you to rotate your mouth up and down.

What are the types of Bruxism?

Even Bruxism may happen when you're awake. This course of action is the same but considered two separate conditions:



Awake Bruxism:

In this case, you grind your teeth and jaws during the daytime. It is commonly associated with emotional issues such as anxiety and stress, which can lead to chipped teeth or wear and tear. Awake Bruxism often doesn't need any treatment; if you're likely to control and stop. Stress management can help you to learn more ways to cease this type of issue.

Sleep bruxism:

This is the second case in which you grind your teeth while sleeping; this may cause you more harm without knowing, and you can't get any help. In addition, while sleeping, people don't know how much pressure they exert on their teeth and jaws. This may include 250 pounds of force and can cause severe misalignment, TMJ's, and many teeth problems.

Why are teeth grinding harmful?

- New Changes in your looks (aesthetic problems)
- Chipped, **broken tooth**, or loosened teeth.
- Harms TMJs and other facial joints
- Loss of teeth enamel.
- Wearing down of teeth and surface.

Can children have teeth grinding?

Like adults, children may suffer Bruxism if you may hear your children's teeth grinding in their sleep. It would help if you visited your [Bruxism Treatment](#) dentist. However, Bruxism in children may not lead to long-term damage because children's teeth and jaws change quickly, and they may outgrow Bruxism by the time they lose their first set of teeth. Still, some children may continue to grind their teeth until their teenage years. And regardless of age, teeth grinding in children may lead to many teeth issues.



Stress is one of the main reasons for Bruxism in adulthood, but this is different in children. Teeth grinding in children may cause

- Allergies.
- Misaligned teeth.
- Mouth irritation.
- Obstructive sleep apnea.
- Heredity.

Consultation with your dentist or provider will help you correct teeth grinding issues. Also, if you have jaw or tooth pain problems, your dentist recommends night teeth grinding guard. This **affordable dental** treatment will help you until Bruxism turns out to be a stress issue.

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