

# **What Are The Symptoms Of Bruxism?**

If you found yourself in the middle of the night or day clenching your jaw which makes your teeth sensitive and sore jaw then you should know you are suffering from bruxism disease. Prolonged headaches with jaw clenching are the common signs of bruxism that require visits to [affordable dental](#) care. In this article, we have noted down productive information related to bruxism that a person suffering it should know including symptoms and their treatment. Read through this entire article to not miss out on anything about bruxism.



## What is bruxism?

Bruxism is a dental condition that is also known as teeth grinding in which a person grinds or clenches teeth uncontrollably. This dental condition is most common in more than 20% of children who grind their teeth while sleeping.

## What causes bruxism?

We have mentioned some core causes of (bruxism) teeth grinding below that a person should know before getting treatment.

- It can be developed due to habits such as drinking alcohol, consuming cigarettes and drugs.
- It can also be developed due to consumption of a lot of caffeine
- If you have a sleeping disorder it can increase the chance of bruxism.

- Having stress and anxiety can cause teeth grinding



## What are the potential symptoms of bruxism?

We have mentioned below some potential symptoms of bruxism that will make a person realize or identify if he/she is a candidate of bruxism or not:

- Improper sleep.
- Prolonged headaches or facial pain
- Earaches.
- Tooth loss
- Soreness in jaw muscles.
- Teeth fractures.
- TMJ, disorder
- Pain with chewing.
- Jaw blockage.

## How is bruxism treated?

We have found from studies that no medicine can prevent bruxism but many dentists have to suggest wearing a **mouth guard** for the **Bruxism Treatment**.

A **mouth guard for teeth grinding** is a personalized orthodontic device that is placed in your mouth for protecting the teeth and jaw from further damage due to bruxism.

Many dentists may also suggest you some of these including mouth guard for bruxism treatment:

- Exercising regularly

- Stress-free before bed
- Jaw massage
- Become conscious during sleep
- Stop chewing food.

## What are the preventions of bruxism?

We have mentioned some preventions below that a person should follow for reducing the chance of developing bruxism:

- Do make sure of avoiding drugs and alcohol
- Visit a dentist for regular checkups which can reduce the chances of gum disease and long term tooth damage that can cause tooth grinding
- Do not avoid dental conditions such as misaligned teeth and gaps between teeth or missing teeth.

## Why is it harmful to avoid teeth grinding?

Avoiding the treatment of teeth grinding can cause various serious problems such as:

- Changes in the facial profile.
- Fractured
- Damaging your TMJs and jaw
- Loss of teeth.
- Wearing down teeth.
- Headaches.
- Jaw pain.
- Wear and tear on the teeth.

## Takeaway!

We hope you liked this article and now you know what are the causes, symptoms, treatment, and preventions of bruxism disease. If you are someone interested in knowing more about it or if you are someone looking for a [DDS near me](#), then do make sure of visiting our website as we have the best dentist that offers affordable treatment.

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