

Bruxism: Effect of Teeth Grinding And Jaw Clenching

Bruxism is a condition in which you grind or clench your teeth. If you have bruxism, you might unconsciously clench your teeth when you're awake or clench or grind them while sleeping.



Bruxism Symptoms

Bruxism symptoms may include:

- Teeth grinding or [jaw clenching](#), which may be loud enough to get up your sleep companion
- Teeth that are flattened, fractured, damaged or loosened
- Raised tooth discomfort or sensitivity
- Worn out or tight jaw muscle mass, or a secured jaw that won't open or close completely
- Jaw, neck or face pain or discomfort
- Discomfort that feels like an earache, though it's really not an issue with your ear
- Plain migraine beginning in the holy places
- Damages from chewing on the within your cheek
- Sleep disturbance

Teeth Grinding And Jaw Clenching

Teeth grinding and jaw clenching is often related to tension or anxiousness. It does not constantly create symptoms, however, some individuals obtain face discomfort as well as migraines, and it can

wear down your teeth with time. Most people that grind their teeth and clench their jaw are not aware they're doing it. It often happens during sleep, or while focusing or under stress and anxiety.



Symptoms of Jaw Clenching

Jaw clenching symptoms consist of:

- Facial discomfort
- Frustrations
- Earache
- Discomfort and tightness in the jaw joint and also bordering muscular tissues, which can result in a temporomandibular problem
- Interrupted rest
- Worn-down teeth, which can lead to a raised level of sensitivity and also missing teeth
- Damaged teeth or fillings

How to stop grinding teeth?

There are various **teeth grinding treatments** available. Some of the common treatments are:

- Utilizing a mouth guard or mouth splint reduces the sensation of squeezing or grinding your teeth.
- They also help reduce discomfort and also stop tooth wear, in addition to securing against additional damage.
- Various other treatments include muscle-relaxation workouts as well as rest hygiene.
- If you have stress and anxiety or stress and anxiety, cognitive-behavioral therapy (CBT) might be suggested.

Mouth Guard For Teeth Grinding

If you grind your teeth while you're asleep, it might assist to put a mouthguard at night.

Teeth grinding guards reduce the pressure across your jaw and also develop a physical barrier between your top and lower teeth to safeguard them from additional damage. They can likewise reduce any type of grinding sounds you make at night.

Mouthguards are similar to those made use of in sporting activities such as boxing or rugby. They're made of rubber or plastic and can be made by your [teeth grinding specialist](#) to fit your mouth. You can also get a mouthguard from your local pharmacist; however, it's unlikely to fit along with a personalized one.

We at Woodshore Family Dentistry provide the best suitable treatment for bruxism disease including teeth grinding and jaw clenching at a very reasonable and affordable cost. We have well-qualified and experienced bruxism specialists to treat our patients with minimal discomfort and long-lasting results. To know more about bruxism and to get proper treatment, schedule an appointment with us directly through our official website woodshorefamilydentistry.com.