

## Understanding Bruxism



become painful or stiff. This can make it difficult for you to open your mouth, or it can even cause 'lock jaw'. Over time this chronic habit can cause a negative change in your bite.

There are several causes of bruxing and clenching, but the most common cause is stress. If you think you might be grinding or clenching your teeth schedule an appointment to talk to Dr. Hope about your concerns. You will receive a treatment plan that is right for you.

Happy Smile!

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Do you wake up with a headache, pain in your jaw, blurry eyes, ringing in your ears, and stiffness in your back, neck or shoulders? It is estimated that 95% of people experience clenching or bruxism – grinding of the teeth- at some time in their lives.

Some people grind or clench every time they sleep. Many of us are unaware that we even have the disorder, especially if it occurs while we sleep.

Grinding is a pathological habit which can cause the teeth to become painful and loose. You can literally grind down parts of the teeth, leaving you with worn surfaces and fractured enamel. Eventually the teeth can become sensitive and will need restoring.

Grinding can also affect the joint in front of the ears that open and close the jaw. The joint, called the TMJ, can

