

Are Your Teeth SUFFERING While You Sleep?



Sleep Bruxism is the habit of clenching, gnashing or grinding your teeth during sleep.

Sleep Bruxism Basics



The force of grinding maybe up to **250 pounds**



About **14-17%** of Children²

Almost **9%** of Adult¹

have bruxism

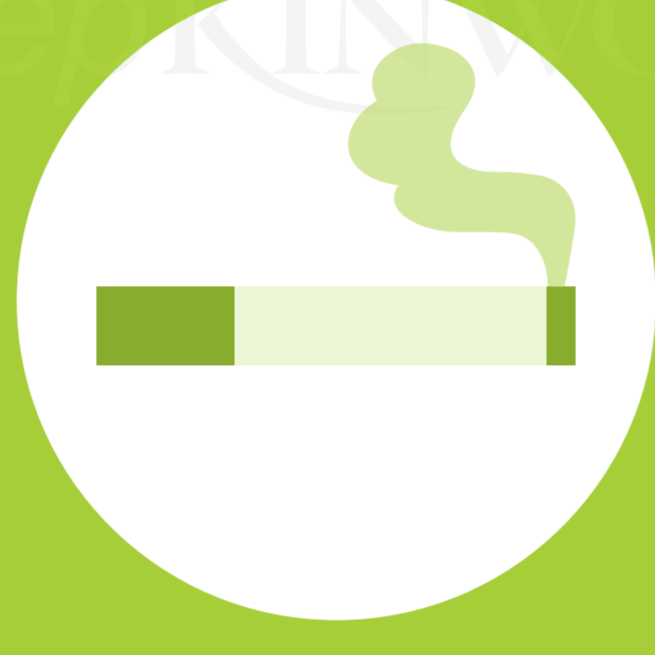


About **37%** of people with bruxism have a family history of it¹

What Causes Bruxism?



Anxiety & Stress



Smoking



Too much coffee and alcohol



Misalignment of teeth



Sleep disorder



Neurological disorders

Could You Have Bruxism?



Review these signs:



Toothaches



Jaw pain



Sensitive teeth



Sleep partner complains about noise

Treatment and Lifestyle Management



Mouthguards



Getting exercise regularly



Getting sufficient sleep



Counselling and stress management

Is Sleep Bruxism Making You Worried?



If you have symptoms of bruxism, you should consult doctor before it gets worse or create irreversible impacts on your teeth. We offer **Lunaguard™ Nighttime Dental Guard** in reducing the impacts of sleep bruxism on your teeth.

Infographic is provided by **SleepKINWOOD**

For more information about the treatment products for bruxism: www.sleepkinwood.com

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Information in this infographic is for reference only, you should consult your doctor if you have any health concern.

References:
 [1] Khoury S, Carra MC, Huynh N, Montplaisir J, Lavigne GJ. Sleep Bruxism-Tooth Grinding Prevalence, Characteristics and Familial Aggregation: A Large Cross-Sectional Survey and Polysomnographic Validation. Sleep. 2016;39(11):2049-2056. Published 2016 Nov 1. [2] Bruxism – Symptoms & Risk Factors. American Academy of Sleep Medicine. <http://sleepeducation.org/sleep-disorders-by-category/sleep-movement-disorders/bruxism/symptoms-risk-factors>. Accessed March 29, 2021.