

Tooth grinding (bruxism) is a problem for up to 20% of the population. Many things can contribute to a bruxism habit, including stress and improper contacts between the upper and lower teeth when biting. The results of chronic bruxism can be increased wear on the teeth, tenderness in the muscles of the jaw when chewing, and damage to the jaw (TMJ) joint. The treatment for bruxism that is causing significant wear of the teeth is a bruxism splint or night guard. A bruxism splint is a clear plastic appliance custom fabricated to be worn over the upper or lower teeth - usually when sleeping. The splint reduces the likelihood of grinding, which reduces wear to the teeth. The same type of splint is used to treat Temporo-Mandibular Joint (TMJ) pain, since bruxing contributes to that condition.