



DENTAL HEALTH TIP

If you wake up with sore teeth and jaws, teeth grinding could be the cause.

Teeth grinding can be harmful to your oral health

Teeth grinding or clenching is an involuntary habit that many people are unaware they do. It frequently occurs while sleeping and can be caused by stress, anxiety, sleep disorders, or an uneven bite. Waking with headaches, jaw pain or chronic face pain may be the first indicators of teeth grinding during sleep.

Studies have shown that grinding or clenching while asleep uses up to 130x the force of normal chewing. The continual trauma of grinding your teeth puts enormous stress on teeth, muscles of the face, neck and back. It can also lead to a host of health problems such as headaches, enlargement of facial muscles, ear aches and joint inflammation. Chronic teeth grinding can wear down the surface enamel of your teeth, shorten the life of your teeth, and lead to fractures, chips, cracked fillings and loss of teeth. This can result in needing crowns, implants, dentures and other costly dental procedures.

Protect your smile

During your dental check-up ask your dentist or hygienist if they see signs of too much wear on your tooth enamel. Discuss headaches or any jaw pain that you have been experiencing. Your dental professional can suggest treatment ideas to help stop this destructive habit.