

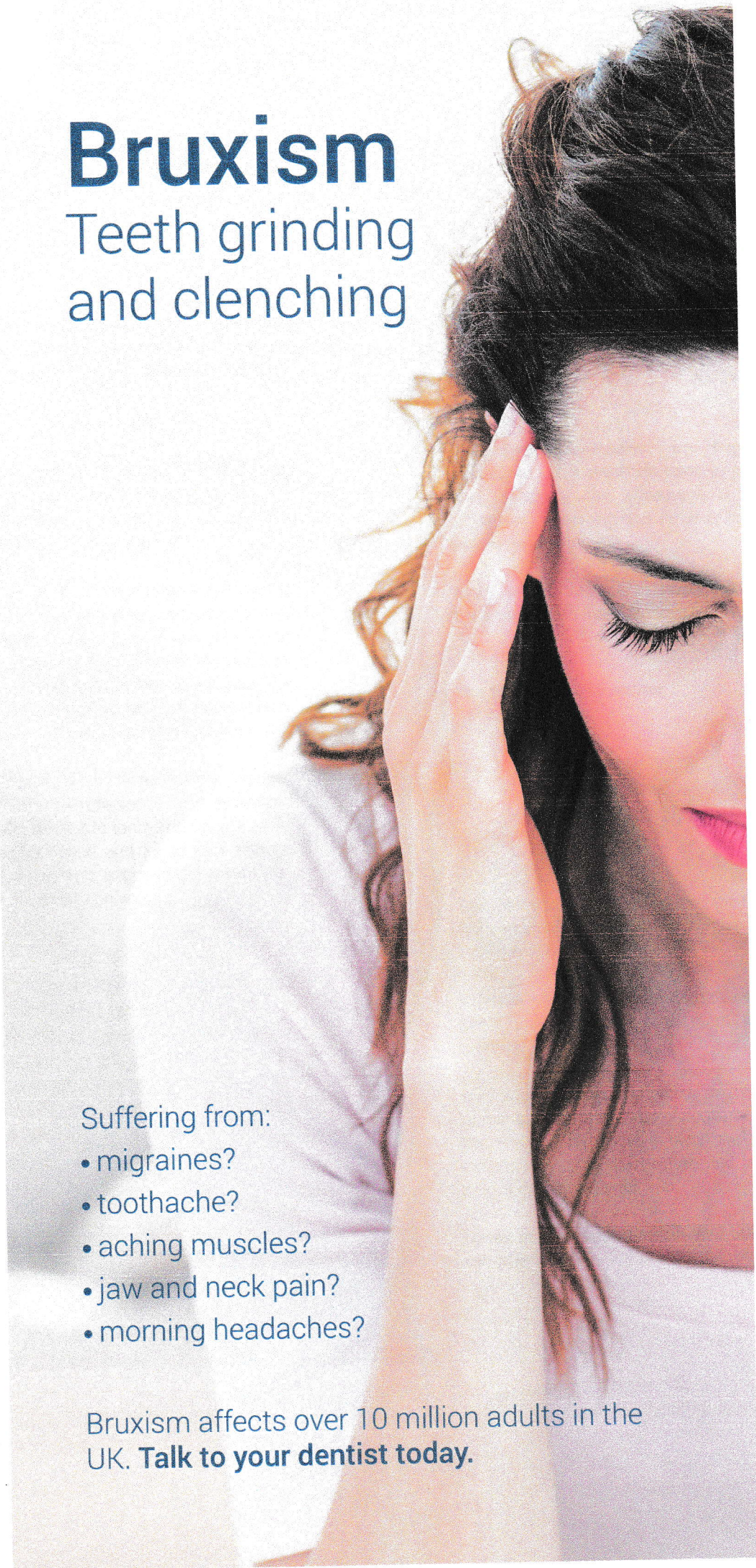
# Bruxism

Teeth grinding  
and clenching

Suffering from:

- migraines?
- toothache?
- aching muscles?
- jaw and neck pain?
- morning headaches?

Bruxism affects over 10 million adults in the UK. **Talk to your dentist today.**





## Bruxism

Medically known as bruxism, many people grind and/or clench their teeth without problem. However, a large number suffer severe symptoms, ranging

## Causes

Whilst bruxism can occur during waking hours, nearly 80% of clenching and grinding occurs subconsciously during sleep and is typically associated with stress and/or anxiety.

Involving some of your most powerful muscles, studies have shown that during sleep, patients can exert 20% more pressure than is possible whilst awake - with severe consequences for the sufferer. However, with symptoms not always involving the teeth, often there is little awareness that bruxism may be the cause of such painful symptoms.

Intense and repeated contraction of the muscles can result in both inflammation of the muscle itself and tooth wear, leading to tooth and muscle ache. The surrounding tissue and joints can also be seriously impacted and migraine-like headaches are common, especially on waking.

**For years I woke with pain in my jaw and a dull headache that gradually faded. I was unaware that my symptoms were caused by grinding my teeth...**

Elizabeth, Accrington

## Treatment

There are a number of potential treatments for teeth grinding and clenching, including behavioural therapy, muscle relaxation exercises, as well as the use of dental splints.

**I don't wake with any pain or tenderness in my head or neck and I am sleeping so much better.**

Mrs Fitzpaterick, Surrey

Recent clinical studies have suggested that traditional splint methods used to treat grinding and clenching can encourage a subconscious bitedown, increasing the force placed on teeth, escalating symptoms.

More recent treatments involve preventing the back teeth from meeting.

## The Sleep Clench Inhibitor



Compared to a traditional guard, the SCi is a small tailor made dental splint that is much less invasive than a full arch device.

Worn at night, the splint sits between your front teeth, preventing the back teeth from making contact.

In doing so, clench intensity is minimised and grinding becomes almost impossible. By inhibiting the unwanted muscle activity, the tension that causes migraines, headaches, and jaw and neck pain is greatly reduced.

**Speak to your dentist today - find out how an SCi can help you.**

# The Sleep Clenching Inhibitor

Many dentists support the use of the SCi splint and have witnessed the life changing impact it can have.

SCi has stopped the debilitating headaches for one 17 year old student patient, and enabled a near suicidal patient to cease her dependency on anti-depressants, painkillers, and beta-blockers to reduce her continual jaw pain.

Dr Oulton, Haslemere Dental Care

I treat so many patients in my practice that suffer with jaw joint problems, headaches and migraines. Most get virtually overnight relief from debilitating symptoms that have been crippling them for years. SCi is a cornerstone in my practice.

Dr Khaira, Migraine Care Institute.



Providers of splint technology, to improve health & wellbeing.

[www.s4sdental.com](http://www.s4sdental.com)