



مؤسسة الرعاية الصحية الأولية  
PRIMARY HEALTH CARE CORPORATION

## BRUXISM/ TEETH GRINDING

**Bruxism is the habit of grinding or clenching the teeth repeatedly and unconsciously. Children can develop the habit of grinding their teeth as early as 4 years of age, and it usually peaks between 10-14 years of age. It can also occur in adults.**

**In children, Bruxism is more commonly detected by hearing grinding noises when the child is asleep.**

**It is generally caused by stress, anxiety, anger, frustration, sleep disorders or abnormal teeth alignment.**

### What are the effects of Bruxism?

- Loss of tooth structure and flattening of biting surfaces of teeth.



- Fracture, cracking or chipping of teeth.
- Sensitivity on intake of hot and cold food.
- Tooth ache and pain in jaws, neck and face.
- Headache, especially on waking up.

### How to help the child give up the habit?

- Seek help for treatment of the underlying cause like anxiety or anger.
- Oral appliances called nightguards should be used to protect the teeth from grinding during sleep. These appliances can be custom made by the dentist or can be bought over the counter.



- Medications prescribed by dentist will help to relax the jaw muscles.