Teeth Grinding (Bruxism)
National Headache Foundation (NHF)

Many people grind or clench their teeth during the day or night. They are unaware of what they are doing. It can be triggered by a dental *malocclusion*. This is when teeth are not properly aligned. Or it can be caused due to stress or worry. This muscular over-activity sometimes causes muscle spasm and headache. Most often, these headaches are classified as tension-type.

TREATMENT

A dentist often can ease those symptoms by fitting a small appliance to the upper teeth. It is worn during sleep. Medications and other stress reduction techniques are sometimes used.

In recent years, the growing awareness of puzzling facial and head pain caused by dental problems has enabled many individuals to benefit from dental treatment.

Document Released: 12/20/2004 Document Re-Released: 03/16/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.