

Do you clench
or grind your
teeth at night?

BRUXISM CHECKLIST

70% of bruxism, grinding or clenching your teeth, is caused by stress. Use this checklist to see if you are at risk and what actions to take.

- Have you been stressed or had increased anxiety lately?
- Do you have problems falling asleep, staying asleep?
- Do you wake with a sore jaw or tight jaw muscles?
- Do you wake with a dull headache?
- Do you have damage from chewing on the inside of your cheek?
- Are you experiencing increased tooth sensitivity?
- Have you noticed the flattening or chipped teeth?
- Ask your sleep partner if they hear clicking or grinding when you are asleep?
- Do any of your family members have bruxism?
- Do you have an aggressive, competitive or hyperactive personality?
- Do you have an existing sleep disorder?

DO

EXERCISE

PRACTICE GOOD
SLEEP HABITS

MEDITATE

DON'T

STRESS

NICOTINE

CAFFEINE

If you answered yes to any of these questions, request a bruxism consultation from Regarding Dentistry at 952.442.2816.