



Teeth Grinding

Clenching and grinding your teeth while sleeping, also known as Bruxism is a common problem, often related to stress and anxiety.

About

There are no major symptoms of bruxism but some people get facial pain and headaches. One of the worst affects of bruxism is the damage to your teeth and jaw. Sleep bruxism should be treated as it is frequently associated with other sleep disorders and pain concerns such as temporomandibular disorder.

Treatment

An Occlusal Splint is used to protect your teeth during the night. These splints are designed to maximise function and ability to breathe properly so they not only protect your teeth but alleviate discomfort too. More than 70% of patients notice an immediate improvement after wearing Occlusal Splints.

Cost | From \$650

Medicare rebates and Healthcare cover may cover some of the costs associated with bruxism.