


STOP THE GRIND, SAVE YOUR SMILE

If you're grinding your teeth while you sleep, if you gnash and gnaw in your slumber, you most likely have what's called sleep bruxism, or night grinding. Grinding your teeth and clenching your jaws at night can wear down your teeth, causing serious damage. It can even harm the temporomandibular joint (TMJ) in your jaw. Not sure if you're giving your teeth a rest or not? You may be grinding your teeth at night if you have:

- Headaches
- A sore jaw
- Unexplained facial pain
- Neck aches
- Earaches

If you're concerned about your teeth grinding, talk with your dentist. A nighttime mouthguard may help you prevent tooth damage and pain.

A close-up portrait of a young Black man with a short beard, wearing a brown woven straw hat. He is smiling broadly, showing his teeth, and looking upwards and to the right. The background is a soft, out-of-focus blue sky with light clouds.

It's easy to smile when you feel good. LifeSmile is a wellness program that's part of your Delta Dental benefits provided by your employer. It's easier to maintain good oral health habits when you have some support. LifeSmile has the answers to your dental questions and can help keep you smiling for a lifetime.

Minimize Stress, Maximize Rest

Here's some more good advice to chew on: Stress may worsen teeth grinding, so try not to let it sink its jaws into you. Problems at work or at home, in relationships, and just from day-to-day life can have a negative effect on nearly anyone.

- Bruxism is linked to stress.
- Nighttime mouthguards can help significantly reduce the impact of grinding on your teeth, but not stop the grinding itself.
- Relaxation techniques such as deep breathing and meditation may help to reduce your stress levels and help reduce your bruxism.
- Exercise is key to helping alleviate stress and minimizing its negative effects on your body.
- Prescription medications and counseling may also help you address the issues that are causing your stress.

Healthy Smile, Happy Life: Prevent disease and stay on the path toward a healthier, happier life. Take advantage of numerous free resources for improving your oral health at deltadentalmn.org/oral-health.



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