

Are morning  
headaches making  
you grouchy?

Have you thought it  
may be due to teeth  
grinding at night.

Discuss it with  
your dentist  
at your next  
check up using  
your Denplan  
dental plan.

That's the world of Denplan for you.

 **Denplan**  
At the heart of dental care

# Why we grind our teeth

Teeth grinding (medically known as Bruxism) can be caused by stress and anxiety, it often occurs during sleep and can be caused by an abnormal bite or missing teeth.

## You may not know you're grinding your teeth

Because grinding often occurs during sleep, most people are unaware that they grind their teeth. However, a dull, constant headache or sore jaw is a telltale symptom of Bruxism.

### Some symptoms include:

- Headaches
- Pain in jaw
- Sensitive teeth
- Abnormal wear on teeth

### Harmful effects

Not only can grinding damage teeth and result in tooth loss, it can also affect your jaws, resulting in changes to the appearance of your face. It can make life a misery – not just for you necessarily, but also for your partner trying to sleep next to you.

### The next step...

If you suspect you may be grinding your teeth, talk to your dentist. They can examine your mouth and jaw for signs of Bruxism. Based on the amount of tooth damage and its likely cause, your dentist may suggest fitting you with a mouth guard to protect your teeth from grinding during sleep.

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