

# Bruxism

A condition in which a patient clenches his teeth and moves them against each other while not chewing or eating. It is sometimes referred to as "gnashing of teeth", which can be very intense (eg at night).

## Division

- Night (nocturnal),
- Daytime (daytime).

## Symptoms

- Morning sensitivity to bite
- Tooth feeling on the water
- tooth abrasion
- Facet and crown fractures
- masticatory muscle hypertrophy
- proven link between emotional lability and bruxism

## Treatment

- Daily bruxism must be consciously suppressed by the patient
- At night with tricyclic antidepressants
- Properly designed protective bite plates

## Links

- ws:Bruxismus

## Related articles

- Sleep disorders

## References

- MAZÁNEK, Jiří – URBAN, František. *Stomatologické repetitorium*. 1. edition. Grada Publishing a.s, 2003. 456 pp. ISBN 80-7169-824-5.