

Bruxism, also known as grinding, is the rubbing of teeth together, usually while sleeping, in non-chewing patterns.

This can cause undesirable wear and flattening of the teeth.

What causes it?

- In adults it can be an unconscious reaction to stress
- It can be from a non-ideal relationship of upper and lower teeth and jaws.
- In kids it is most often due to growth and development and the different anatomy of kids teeth and joints.

Is it a problem?

- Not for children. However it can get loud for those sleeping nearby.

What can be done?

- Not much should be done for children. We will monitor the rate and severity of tooth wear, although intervention is rarely needed.
- Most children will stop on their own around 8-9 years old.
- If grinding persists past this age, the front and back permanent teeth may begin to wear and intervention is necessary.
- Intervention usually consists of re-programming of soft tissue functions around the teeth. (myobrace or night-splint)

Rest assured and sleep easy (if possible with all that noise) most children will stop on their own, their baby teeth will outlast the grinding and they will be no worse for the wear!

