

Title:

Coping With Sleep Bruxism

Word Count:

693

Summary:

Sleep bruxism is the third most common sleep disorder. It is more prevalent in children who c

Keywords:

sleep disorder, stress, treatment, headaches, smoking

Article Body:

About eight to 10 percent of the adult population have a secret malady called sleep bruxism, a

Bruxism can be a real nuisance. ^It's much like having a large football player standing on the

Under normal circumstances, a person's teeth make contact for about 20 minutes a day with only

Sleep bruxism is not a disease, but it is the third most common sleep disorder after sleep tal

In the 1960s, Dr. Gilles Lavigne, a Professor of Dentistry and Medicine at the University of M

Later on, stress was cited to be the cause of the sleep disorder proponents of this theory fai

Relaxation techniques like yoga, meditation, or even acupuncture may help promote overall heat

For treatment, anti-anxiety medications and other pharmacological treatments may be prescribed

In the meantime, dentists suggest that patients may use a mouth guard. The mouth guard is a s

Dr. Charles McNeill, director of the Center for Orofacial Pain at the University of California

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