

DO YOU CLENCH OR GRIND YOUR TEETH AT NIGHT?

BRUXISM CHECKLIST

70% OF BRUXISM, GRINDING OR CLENCHING YOUR TEETH, IS CAUSED BY STRESS. USE THIS CHECKLIST TO SEE IF YOU ARE AT RISK AND WHAT ACTIONS TO TAKE.

- HAVE YOU BEEN STRESSED OR HAD INCREASED ANXIETY LATELY?
- DO YOU HAVE PROBLEMS FALLING ASLEEP, STAYING ASLEEP?
- DO YOU WAKE WITH A SORE JAW OR TIGHT JAW MUSCLES?
- DO YOU WAKE WITH A DULL HEADACHE?
- DO YOU HAVE DAMAGE FROM CHEWING ON THE INSIDE OF YOUR CHEEK?
- ARE YOU EXPERIENCING INCREASED TOOTH SENSITIVITY?
- HAVE YOU NOTICED THE FLATTENING OR CHIPPED TEETH?
- ASK YOUR SLEEP PARTNER IF THEY HEAR CLICKING OR GRINDING WHEN YOU ARE ASLEEP?
- DO ANY OF YOUR FAMILY MEMBERS HAVE BRUXISM?
- DO YOU HAVE AN AGGRESSIVE, COMPETITIVE OR HYPERACTIVE PERSONALITY?
- DO YOU HAVE AN EXISTING SLEEP DISORDER?

DO

EXERCISE

PRACTICE GOOD
SLEEP HABITS

MEDITATE

DON'T

STRESS

NICOTINE

CAFFEINE

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, REQUEST A BRUXISM CONSULTATION FROM FIEDLER DENTISTRY BY CALLING 320.286.2712.