

Teeth Grinding, Bruxism And Stress: How to Manage Bruxism Caused by Stress



Melbourne, Nov 30, 2018 (Issuewire.com) - Teeth grinding also referred to as Bruxism is a condition in which a person grinds, clenches or gnashes his/her teeth. A person suffering from bruxism may unconsciously clench and grind his/her teeth while awake or during sleep. Teeth grinding during sleep is considered as a sleep-related movement disorder. In most cases, people suffering from teeth grinding at night are more likely to suffer from other sleep complications such as sleep apnea and snoring.

People suffering from mild bruxism may not require urgent treatment. However, in some people where bruxism is frequent and severe, they may require immediate treatment since the condition may lead to other problems. Some of these problems include jaw disorders, damaged teeth and headaches. The chances are that you may be suffering from teeth grinding and you are not aware of it until complications develop. That is why it is essential to know and understand the causes and how to manage the condition as you seek [dental care from the dentist](#).

Causes of Bruxism or Teeth Grinding

- Sleep Arousal

The exact causes of teeth grinding are yet to be known by the dental experts. However, there is some evidence linking bruxism to sleep-related arousal in which the respiratory and cardiac systems show a rise in activity. This sleep-related arousal can occur up to 15 times an hour during sleep. In most cases, sleep arousal is accompanied by increases muscle activity in the jaw which can be the cause of teeth grinding.

- **Psychological Causes**

Teeth grinding can also be a [side effect of stress](#), mental disorders, anxiety and other deep emotions. According to recent research, it is estimated that about 70% of teeth grinding cases result from anxiety or stress. Bruxism is often found in people who have an aggressive, competitive or hyperactive personality. In some cases, bruxism is found to be a coping strategy for stress or anxiety similar to cheek biting, lip biting or biting on an object.

Management for Bruxism or Teeth Grinding

Teeth grinding has no cure. However, the causes and damage done on the teeth can be reduced or managed through a combination of therapies. Some lifestyle changes can also help in reducing the causes and improve the quality of sleep for those suffering from bruxism. Some of these lifestyle modifications that can help in managing teeth grinding or bruxism include:

- Yoga, meditation and deep breathing exercises to reduce stress.
- Maintain a consistent sleeping pattern and wake-up time.
- Reduce or eliminate the intake of alcohol, nicotine and caffeine.
- Take warm baths, warm compresses and facial massages to help reduce jaw tension.
- Avoid eating hard foods and try chewing gum often to keep your jaw muscles relaxed.
- Get a custom fitted mouth guard from a dentist.

Bottom Line

If you or someone you love suffers from bruxism, feel free to contact or schedule an appointment with us today at Springvale Dental Clinic. Our [dentist in Clarinda](#) will carry out a simple bite analysis to reveal whether or not you are suffering from teeth grinding. Once your problem has been identified, you will be well on your way to the much-needed relief.

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