



~ 11-10-15

Teeth Grinding

“Keep a stiff upper lip” or “get a grip!” That’s often the advice we get—and give—on how to cope with stress. If you take it literally, the result could be grinding your teeth or clenching your jaws. It’s called bruxism, and often it happens as you sleep.

Teeth grinding can be caused not just by stress and anxiety but by sleep disorders, an abnormal bite or teeth that are missing or crooked.

The symptoms of teeth grinding include:

- dull headaches
- jaw soreness
- teeth that are painful or loose
- fractured teeth

Gateway Dental Care

(in the Gateway Plaza at Pontiac Trail & Eleven Mile Road)

25660 Pontiac Trail
South Lyon, MI. 48178
248-446-2700
Fax 248-446-2880

Office Hours:

| | |
|-----------|-----------------------------|
| Monday | 8:00am-5:00pm |
| Tuesday | 8:00am-5:00pm |
| Wednesday | 8:00am-5:00pm |
| Thursday | 8:00am-5:00pm |
| Friday | 8:00am-2:00pm (every other) |
| Saturday | 8:00am-2:00pm (every other) |

Your dentist can fit you with a mouth guard to protect your teeth during sleep. In some cases, your dentist or physician may recommend taking a muscle relaxant before bedtime.

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