



Do you grind or clench your teeth?

Grinding and clenching often happen during sleep, so most people do not realise they do it. Tick any boxes below that apply to you. **If you tick even one, it is worth talking to us.** A custom-fitted protection splint may help protect your teeth and jaw.

TICK ANY THAT APPLY

- ☐ Teeth grinding or clenching, which may be loud enough to wake your sleep partner
- ☐ Teeth that are worn down, flattened, fractured or chipped
- ☐ Worn tooth enamel, exposing deeper layers of the tooth
- ☐ Increased tooth sensitivity
- ☐ Jaw pain and muscle tightness
- ☐ Earache, caused by strong jaw muscle contractions
- ☐ Headache, particularly on waking
- ☐ Chronic facial pain
- ☐ **A clicking or clunky jaw**

Ticked one or more boxes? Bring this sheet to your next visit. We can check your teeth and jaw, and discuss whether a custom-fitted protection splint is right for you. Grinding is also often linked to snoring and sleep apnoea. Ask us about screening.