

What is a Night Guard?

A night guard is a removable dental appliance designed to minimize the effects of clenching and grinding. It should do no harm that can not be reversed by discontinued use.

A night guard is not to be worn more than 12 hours per day, actively move teeth or diagnosed to treat TMJ, snoring and sleep apnea. The BRT night guard is specifically made to treat chronic nocturnal clenching and grinding, which is the primary cause of malocclusions, TMJ, snoring, and sleep apnea; therefore, symptom relief from these maladies is a positive side effect.

What is Chronic Nocturnal Bruxism?

Nearly 70% of adults exhibit this nightly, habitual, non voluntary hyperactivity of the head, neck and jaw muscles.

The extreme clenching forces exerted by the temporal muscles may be up to 14x normal activity.

Multiple muscle activity results in tooth grinding which may show a significant tooth wear pattern.

There is no one cause for this neuromuscular response, but several factors may contribute:

Emotional stress

Chronic pain

Medications

Low Oxygen saturation

Using a full bite night guard

Heredity

Hormone/ endocrine disorders

TMJ disorders Malocclusions

A high filling or crown

Most people deny night time clenching / grinding and are equally unaware that many of the symptoms they exhibit are best treated by their dentist.