



## 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

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- Teeth that are worn down, flattened, fractured or chipped

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- Worn tooth enamel, exposing deeper layers of the tooth

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- Increased tooth sensitivity

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- Jaw pain and muscle tightness

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- Earache, caused by strong jaw muscle contractions

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- Headache, particularly on waking

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- Chronic facial pain

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- 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.