Diagnosis of Sleep Bruxism in Dental Practice

Asra Sabir Hussain, Maha Eid, Faris Ghazi Aljiaid, Faisal Abduljawad

Abstract

Bruxism is a characteristic phenomena of clenching or grinding of the teeth due to contraction of the masseter, temporalis and other jaw muscles. Sleep Bruxism has been declared as a dysfunctional movement or pathological condition, associated with various systemic risk factors.

The objective of this paper was to discuss the diagnostic approach of Sleep Bruxism.

A Diagnosis of sleep Bruxism might be made via thorough clinical interview, or patient report, clinical examination, intraoral appliances or recording of muscle activity.

SB diagnosis is usually confirmed on the history of tooth grinding and detected by polysomnographic recording of electromyographic episodes visualized in the masseter and temporalis muscles. The typical EMG activity pattern is known as rhythmic masticatory muscle activity (RMMA)

However, Bruxcore Bruxism Monitoring Device is a clinically suitable, objective and applicable method to differentiate between SB and a healthy patient.

Dentists require best clinical judgement and must be aware of the potential etiology, pathophysiology and management strategies related to Sleep Bruxism.