



LS Dental

Ipoh · Dr. Kent Teoh

PATIENT GUIDE

Stress, grinding & your **teeth**

Clenching and grinding — often in your sleep — quietly wear, crack and tire your teeth and jaw. A simple guard can protect them.

● **Worn, flat teeth**

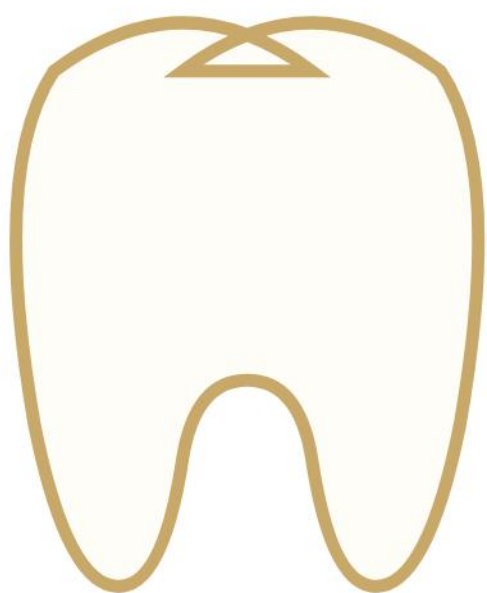
● **Jaw ache**

● **Morning headaches**

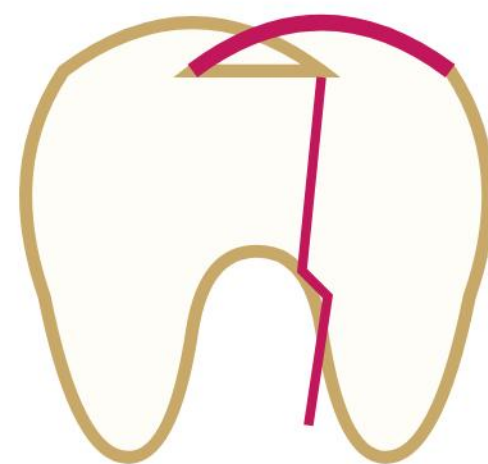
What grinding does to your teeth

Bruxism is **clenching or grinding** the teeth — frequently at night, and usually without knowing it. The jaw can press with far more force asleep than awake, so over time it **wears, chips and cracks** teeth and overworks the jaw muscles.

HEALTHY



GROUND DOWN



flattened, cracked, shorter

Clues in your teeth & jaw

Because it often happens in your sleep, the first clues are what you **feel in the morning** and what the dentist **sees on your teeth**.



Flattened, worn or chipped teeth



Cracks and increased sensitivity



Jaw ache or tightness, worse mornings



Headaches at the temples on waking



Ridges on the cheek or scalloped tongue



A **partner hears grinding** at night

Easy to miss: many people grind for years without knowing — the dentist often spots the wear pattern before there's any pain.

The usual triggers

Grinding usually has more than one cause. **Stress and sleep** are the biggest — and there's often a two-way loop between poor sleep and grinding.

STRESS & ANXIETY

Tension and worry are the most common triggers — the jaw holds the strain, especially at night.

SLEEP PROBLEMS

Grinding is linked to disturbed sleep and **snoring / sleep apnoea** — worth checking if you're tired all day.

LIFESTYLE

Caffeine, alcohol and smoking — especially in the evening — make grinding more likely.

OTHER FACTORS

Some medicines, and a bite that doesn't meet evenly, can play a part too.

The loop to break: stress and poor sleep drive grinding, and a sore jaw disturbs sleep — so easing one usually helps the other.

Protect your teeth & calm the jaw

You may not stop grinding overnight, but you can **protect the teeth** and ease the triggers — and repair any damage that's already done.

 **A night guard** — a custom shield that absorbs the force

 **Ease stress** — wind-down routine, exercise, jaw relaxation

 **Cut evening caffeine & alcohol;** avoid smoking

 **Check for sleep apnoea** if you snore or wake tired

Waking with a sore jaw or worn teeth?

We'll check the wear, fit a night guard, and help you protect your smile.



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For general education only — not a diagnosis. See a dentist or doctor for persistent symptoms.