



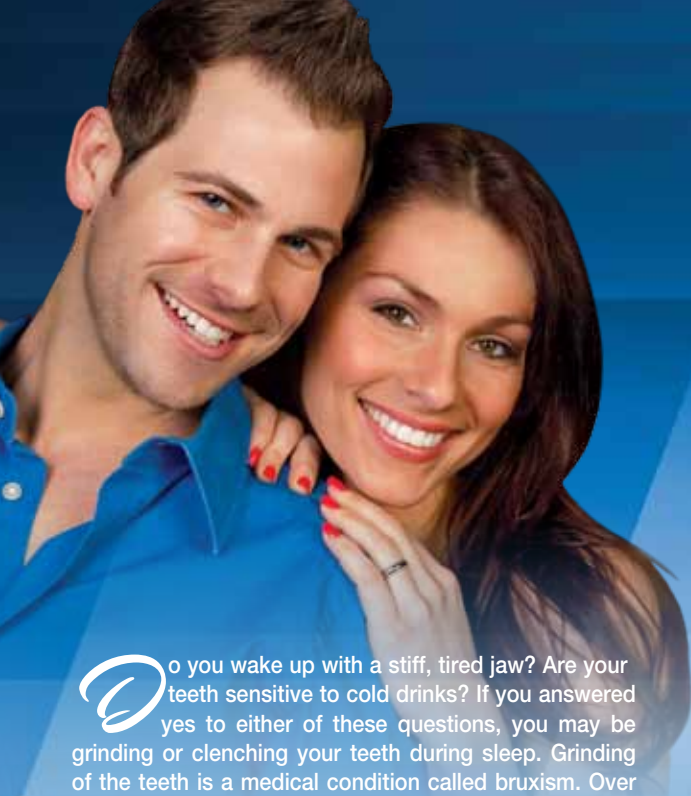
*"We're sleeping better now that we use nightguards to reduce our bruxing."*



*Stop*  
**the Grind**  

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*Bruxing & Clenching Treatments*



# Comfort H/S Bite Splint™

Vacuum formed for an accurate fit



← Hard outer surface is durable and crystal clear.

Soft inner surface rests comfortably against the teeth and gums.



- Hard outer surface and soft inner layer.
- Indicated for severe bruxing/clenching.
- Ideal for patients allergic to acrylics or metals.

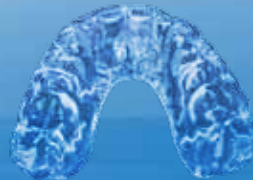
Do you wake up with a stiff, tired jaw? Are your teeth sensitive to cold drinks? If you answered yes to either of these questions, you may be grinding or clenching your teeth during sleep. Grinding of the teeth is a medical condition called bruxism. Over time, bruxism will result in the wearing down of your natural tooth enamel. In fact, studies suggest that those who grind and clench their teeth experience up to 80 times the normal wear per day compared with those who do not.



**Bruxing can wear down and destroy your teeth.**

Reduce the risk of wear and tear of your existing healthy teeth by using a nightguard. A clear, thin removable device, a nightguard is custom made to fit over your upper or lower teeth as you sleep. In addition to relieving head, neck, jaw joint and shoulder pain, it will protect your existing teeth and your dental restorations. It is highly recommended for those who have crowns, bridges, implants and dentures, to offset the effects of this often-subconscious habit that occurs during sleep.

## Other Nightguard Options



### Acrylic Nightguard

Injection molded using cadmium-free acrylics for biocompatibility

- Hard, non-flexible surface.
- Indicated for moderate bruxing/clenching.
- Special clasps can be used for improved retention.

## Custom Fitted for You



**Nightguards are custom made and are easy to insert and remove.**