

What is Sleep Bruxism?

Bruxism, also known as tooth grinding, is the medical term for clenching or grinding teeth during sleep or during the day. A type of movement disorder that occurs during sleep, bruxism is a common condition. Occasional bruxism may not be harmful but when it occurs regularly, it may be associated with moderate to severe dental damage, facial pain and disturbed sleep.

Why is teeth grinding harmful?

In some cases, chronic teeth grinding can result in a fracturing, loosening, or loss of teeth. Chronic grinding may wear teeth down to stumps. When this happens bridges, crowns, root canals, implants, partial dentures and even complete dentures may be needed.



Not only can severe grinding damage teeth and result in tooth loss, it can also affect your jaws, result in hearing loss, cause or worsen TMD / TMJ and even change the appearance of your face. Sleep Bruxism may also be linked with other medical conditions and have an impact on your quality of life.

Call SomnoMed for more information at 888-447-6673, option 4 or visit www.somnomed.com

Do you suffer from Bruxism?

If you check any of the boxes below, a SomnoBrux™ may benefit you:

- Teeth grinding or clenching, which may be loud enough to awaken your partner.
- Teeth that are worn down, flattened, fractured or chipped.
- Worn tooth enamel, exposing deeper layers of tooth.
- Increased tooth sensitivity.
- Muscle tightness.
- Ear ache - because of severe jaw muscle contractions.
- Headache.
- Chronic facial pain.

**Ask your dentist
for more information
Join the over **600,000**
patients worldwide treated
by SomnoMed® products!**



Find a dentist near you by calling our
Customer Service Team at 888-447-6673, option 4
www.somnomed.com



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SOMNOBRUX BROCHURE 903223RevC



**Protect your teeth from
painful nighttime grinding**



**SOMNOBRUX®
Product Guide**

**For the protection of teeth and restorations
from the forces of Bruxism.**

Do you suffer from Bruxism?

For the treatment of Sleep Bruxism, SomnoBrux® is a nighttime oral device worn during sleep to prevent tooth damage caused by grinding and features:

- SMH BFlex soft liner available which makes the splint comfortable to wear.
- Custom made for you, for a precise fit.
- Allows full range of mouth movement - you can open and close your mouth, as well as talk, drink water and yawn while wearing the splint.
- Made from high quality materials, with a one year warranty.
- Covered by some dental insurance plans.



Michigan

How to Care for your SomnoBrux device:

1. Rinse in cold or lukewarm water and then clean with a soft toothbrush and a mild detergent, such as liquid soap. Rinse well. **DO NOT USE** toothpaste on your SomnoBrux as it may be abrasive.
2. Store in water in the travel case provided. By storing in water, your SomnoBrux will not dry out and it will help prevent crack corrosion. The splint needs to be fully submerged. Case is not water tight.
3. Once or twice a week we recommend you clean your SomnoBrux using our SomTabs. Dissolve one SomTab in your travel case and soak for 15 minutes. Dry with a soft cloth.

You may experience a mild plastic taste during first use of your SomnoBrux, this will disappear with storage in clean water. Some patients with amalgam fillings may over time notice discoloration in the lining of their SomnoBrux splint. This is also relevant to patients who use Pyralvex (a solution for mouth ulcers and denture irritation). Discoloration of the material will not adversely affect the performance or longevity of your SomnoBrux. To reduce the possibility of discoloration do not drink coffee, tea or colas with the device in place. Always brush teeth thoroughly before use and maintain regular dental checkups.

Warranty

All SomnoBrux splints comes with a full 1 year warranty from date of purchase, which covers all manufacturing defaults and breakages*.



*Conditions apply. Visit website for details.