

Patient Questionnaire

Are you clenching and grinding your teeth at night?
You may be a bruxer and don't know it?

**Answer the following questions to determine if
bruxism is causing damage to your teeth.**

Do you clench your teeth tightly while sleeping? Yes No

Does your bed partner complain that you grind your
teeth while sleeping? Yes No

Do you feel pain, stiffness, or weariness in your
jaw joint when you wake up? Yes No

Do you wake up with a dull morning headache? Yes No

Do you have difficulty opening your mouth when
you wake up? Yes No

Do you hear a "clicking" sound when you open your
mouth the first time in the morning? Yes No

Did you notice or have you even been told that your
teeth are showing signs of wear? Yes No

If you've answered "YES" to any of the questions, you may suffer from bruxism. There is a simple at home screening test your doctor can give you today. It will confirm the existence and measure the frequency of bruxism tonight while you sleep.