

MANAGEMENT OF BRUXISM

Dental approaches

1. Hard acrylic occlusal splint appliances
2. Soft vinyl mouth guards
3. Occlusal therapy

Behavioural and cognitive approach to address psychosocial factors

1. Biofeedback
2. Arousal and overcorrection procedures (operant conditioning).
3. Suggestive hypnotherapy
4. Stress management
5. Sleep hygiene education

Pharmacological approach

1. Orofacial pain management
2. Management of involuntary orofacial movements