

Teeth Grinding

DNA Health Report

REPORT CATEGORIES —



MENTAL HEALTH



DENTAL & MOUTH
HEALTH

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

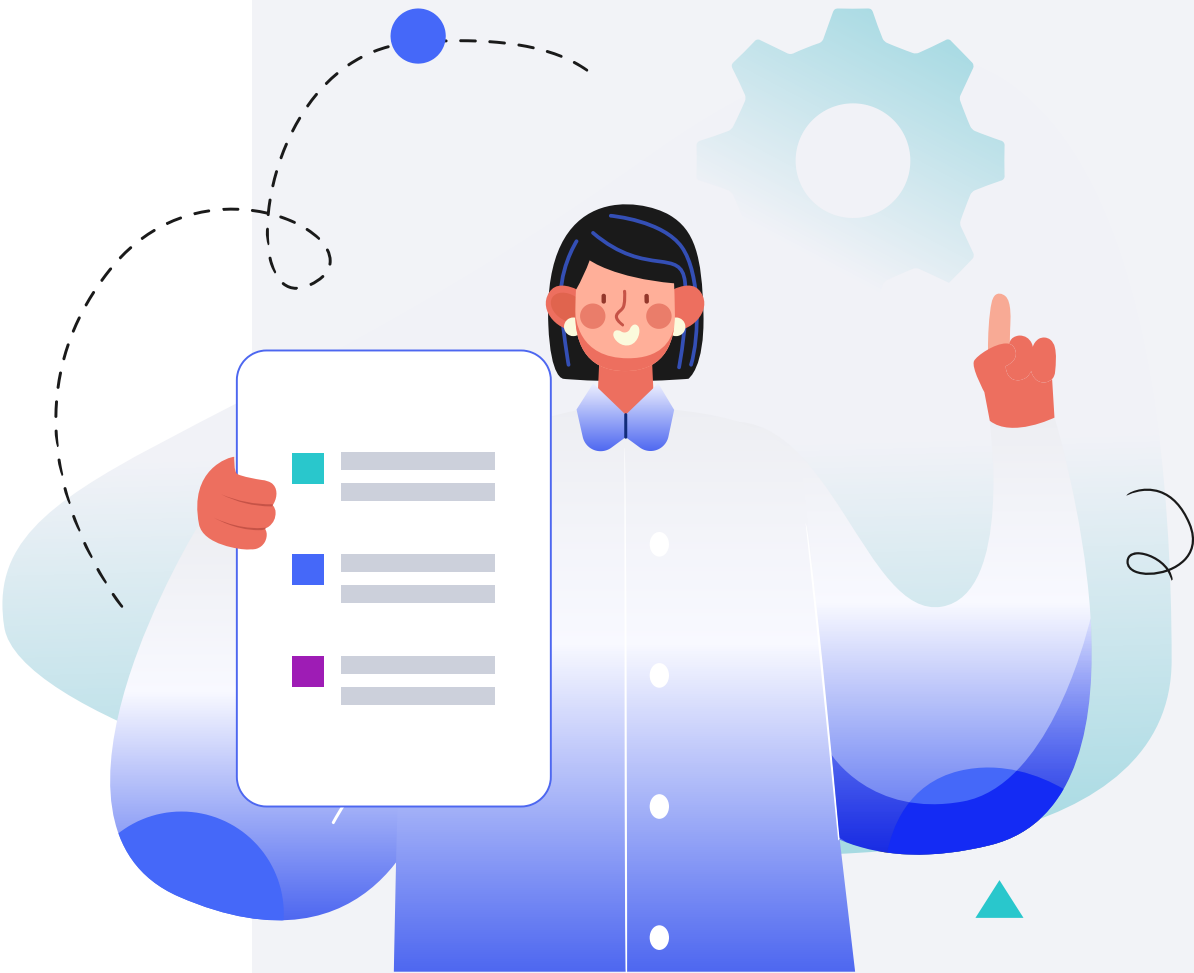
Male

HEIGHT

5ft 5" 165cm

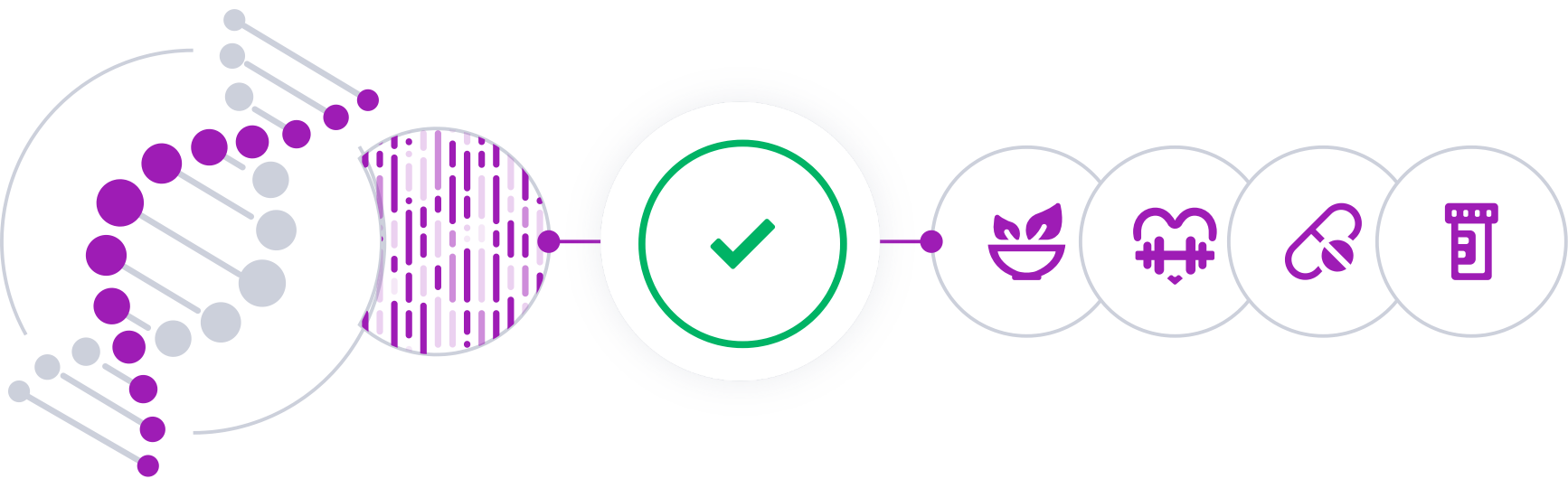
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Is every day a grind? It may be for people who grind their teeth.

While clenching the jaw every now and then may not be serious, constant grinding can wear down tooth enamel over the years, making teeth extremely sensitive. Grinding may even crack, chip, or break one's teeth [R].

A lot of people grind their teeth, especially when they are stressed. Because it's linked to stress, being very driven or competitive may make things worse. If you grind your teeth, you're in the company of celebrities such as George Clooney, Brooke Shields, and Chrissy Teigen [R, R].

Can you grind your teeth and not be aware of it? Yes. We are usually unaware of our jaws clenching when we're stressed. And if we grind our teeth in our sleep, we may wake up none the wiser. It may be our bed partner who will notice it first. Or our dentist. Alternatively, we may realize something is wrong when we start waking up with jaw pain and headaches.

Genetics is partially responsible for teeth grinding. It may explain why some triggers, like alcohol and stress, affect some grinders more than others.

Read on to find out more about:

- **How your genetics play a role in teeth grinding**
- **Personalized recommendations based on your genetics**

Factors Affecting Teeth Grinding

Key Takeaways:

- Genes involved in teeth grinding may influence dopamine and serotonin activity.
- Other risk factors include certain personality types, stress, cigarette/alcohol/caffeine use, and certain medications.
- Teeth grinding is not uncommon, affecting children and young adults more, with about 3 times the rate occurring while sleeping.
- If your genetic risk is high, you may lower your overall risk by taking action on factors that you can change. If you have symptoms, talk to a dentist about appropriate actions to take.

Bruxism is a condition involving excessive teeth grinding. It can happen when people are awake, but more commonly occurs during sleep [R, R].

Many people that have sleep bruxism don't know that they have it! Often, a bed partner may notice that the other person grinds their teeth at night. Alternatively, a dentist may bring it to their attention [R].

Your jaws and teeth are strong - they can exert around 250 lbs (greater than 110 kg) of force! That is why teeth grinding can damage [R]:

- Teeth
- Joints that open and close the mouth
- Jaw muscles

If left untreated, teeth grinding can lead to [R]:

- Damaged, fractured, or loose teeth
- Headaches or earaches
- Tense or painful face muscles
- Pain or clicking in the jaw

Bruxism is usually diagnosed by a dentist. Grinding your teeth leaves wear marks that a dentist can easily identify [R].



TYPICAL LIKELIHOOD

Typical likelihood of bruxism based on 3 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
HTR2A	rs2770304	CT
ANKK1	rs1800497	GA
DRD5	rs6283	CT
DRD1	rs686	GA
HTR2A	rs6313	GA
DRD3	rs6280	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

If you have bruxism, a dental device like a splint or a mouthguard can help prevent damage to your teeth. Talk to your doctor or dentist about treatment options for bruxism [\[R\]](#), [\[R\]](#).

Doctors don't know the exact cause of bruxism. It can happen in any age group and is fairly common in children. Risk factors for teeth grinding include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Certain personality types, such as being very driven or competitive
- Stress
- Cigarette, alcohol, and caffeine use
- Some medications

The risk of bruxism depends partly on genetics. Many people with bruxism have a first-degree relative with the condition. Genes involved in teeth grinding may influence [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Dopamine activity
- Serotonin activity

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE			DOSAGE
1	Relaxation Techniques	30 minutes	2	Mouthguards	
3	Breathing Techniques	10 minutes	4	Listen to Music	30 minutes
5	Sleep for 7+ Hours		6	Cognitive-Behavioral Therapy (CBT)	
7	Biofeedback		8	Physical Therapy	30 minutes
9	Limit Coffee Intake		10	Manual Therapy	
11	Avoid Secondhand Smoke		12	Continuous Positive Airway Pressure (CPAP)	
13	Occlusal Splints		14	Transcutaneous Electrical Nerve Stimulation (TENS)	30 minutes
15	Jaw Exercises	10 minutes	16	Acupuncture	1 hour
17	Mindfulness Meditation	30 minutes	18	Progressive Muscle Relaxation	10 minutes
19	Meditation	30 minutes			

1



Relaxation Techniques

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R, R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R, R, R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R, R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R, R\]](#).

How it helps

Teeth grinding has been linked to stress, especially work stress [\[R, R, R, R, R, R, R, R, R, R\]](#).

Experts agree that relaxation techniques may help prevent teeth grinding. Relaxation techniques that may help include [\[R, R, R, R, R, R\]](#):

- Breathing exercises
- Listening to relaxing music
- Meditation
- Progressive muscle relaxation (1-2 sessions/week for 4-6 months)

Stress may trigger teeth grinding by making the jaw muscles hyperactive [\[R\]](#).

2



Mouthguards

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Wear a mouthguard during all activities where there is a risk of impact to the face, including sports like football, hockey, and martial arts. It should be worn for the entire duration of the activity each time you participate.

Description

Mouthguards are protective dental devices typically worn during sports or at night to prevent injury or teeth grinding (bruxism), ensuring dental health and reducing the risk of dental trauma.

Mouthguards or splints keep the teeth separated to reduce damage from teeth grinding. They are also known as night guards or dental guards [\[R\]](#).

Mouthguards are often custom-made by dentists for a perfect fit. However, stock guards or adjustable over-the-counter options are also available [\[R\]](#).

How it helps

Mouthguards can help protect your teeth by preventing teeth from being worn down [\[R\]](#), [\[R\]](#), [\[R\]](#).

Mouthguards worn daily may also help with teeth grinding. Some of the benefits may include:

- Less frequent grinding [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Reduced jaw pain and headaches [\[R\]](#), [\[R\]](#)
- Reduced jaw muscle hyperactivity [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)

However, not all studies found these benefits [\[R\]](#), [\[R\]](#), [\[R\]](#).

Hard mouthguards may help more than soft guards [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *Over-the-counter mouthguards may offer fewer benefits than custom-made guards. Additionally, you may benefit from intermittent use and professional follow-up when stopping mouthguard use. Non-supervised use may lead to unwanted tooth movement and worsening of sleep apnea in people who have the condition. **Seek guidance from your dentist*** [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

3



Breathing Techniques

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Practice deep breathing exercises for 10 minutes daily, preferably in a quiet space where you won't be disturbed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose. This can be done at any time of day to reduce stress and improve focus.

TYPICAL STARTING DOSE

10 minutes

Description

Breath awareness and specific breathing techniques, such as deep breathing or mindfulness-based practices, can help reduce stress, improve focus, and enhance overall mental well-being. These techniques are valuable tools for managing anxiety and promoting relaxation.

Most breathing techniques involve taking slow and even breaths. Their main goal is to prevent rapid breathing (**hyperventilation**) [\[R\]](#).

Breathing techniques tend to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Stress
- Anxiety
- Sleep problems
- Asthma

One example is the **Buteyko breathing technique**. It's often used by people with asthma or other conditions that affect the lungs [\[R\]](#).

Another example is **yogic breathing**. [Yoga](#) is a practice that combines breathing techniques with exercise and meditation [\[R\]](#), [\[R\]](#).

How it helps

Teeth grinding has been linked to stress, especially work stress [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Experts agree that relaxation techniques may help prevent teeth grinding. Relaxation techniques that may help include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Breathing exercises
- Listening to relaxing music
- Meditation
- Progressive muscle relaxation (1-2 sessions/week for 4-6 months)

Stress may trigger teeth grinding by making the jaw muscles hyperactive [\[R\]](#).

4



Listen to Music

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Select music that aligns with your preference and listen for at least 30 minutes per day. This can be done while engaging in other activities or as a standalone activity to relax or energize yourself, depending on the genre chosen.

TYPICAL STARTING DOSE

30 minutes

Description

Listening to music can have a positive impact on mental and emotional well-being, reducing stress, improving mood, and even enhancing cognitive performance. Music therapy is used in various healthcare settings to support mental health and overall quality of life.

How it helps

Teeth grinding has been linked to stress, especially work stress [\[R, R, R, R, R, R, R, R, R\]](#).

Experts agree that relaxation techniques may help prevent teeth grinding. Relaxation techniques that may help include [\[R, R, R, R, R, R\]](#):

- Breathing exercises
- Listening to relaxing music
- Meditation
- Progressive muscle relaxation (1-2 sessions/week for 4-6 months)

Stress may trigger teeth grinding by making the jaw muscles hyperactive [\[R\]](#).

5



Sleep for 7+ Hours

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

[Sleep](#) supports your body and mind [\[R, R\]](#). More precisely, sleep helps:

- Support brain health [\[R, R\]](#)
- Maintain a healthy weight and appetite [\[R, R, R\]](#)
- Regulate blood pressure [\[R, R\]](#)
- Balance blood sugar [\[R, R\]](#)

Ways to sleep better include [\[R\]](#):

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that’s cool, dark, and quiet

How it helps

Sleep issues may increase the risk of teeth grinding. Some of them include:

- Insomnia [\[R\]](#)
- Snoring [\[R, R, R, R, R\]](#)
- Sleep apnea [\[R\]](#)
- Insufficient or restless sleep [\[R, R\]](#)

Night owls may also have a higher risk of teeth grinding. However, one study didn't find this link [\[R, R, R, R\]](#).

People who grind their teeth more often have:

- Early awakenings [\[R, R, R\]](#)
- Nightmares [\[R\]](#)
- Poor sleep quality [\[R, R, R, R\]](#)

Optimize your sleep to decrease the risk of teeth grinding. If you snore or have sleep apnea, talk to your doctor about steps you can take to improve your sleep [\[R, R\]](#).

6



Cognitive-Behavioral Therapy (CBT)

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Schedule weekly sessions with a certified cognitive-behavioral therapist for a period of 5 to 20 weeks. Engage actively in exercises assigned by your therapist both during sessions and as homework to apply CBT strategies to daily life.

Description

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach that has been effective in treating various mental health conditions by helping individuals identify and change negative thought patterns and behaviors. It is widely used for conditions like depression, anxiety, and phobias.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences [\[R\]](#).

Talk therapy is a great way to improve many conditions, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

Cognitive-behavioral therapy (CBT) is a type of talk therapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

Psychotherapy may help with teeth grinding. Some modalities that may help include:

- Counseling and self-management (daily for 3-8 weeks) [\[R\]](#)
- Cognitive-behavioral therapy (for 12-18 weeks) [\[R\]](#), [\[R\]](#), [\[R\]](#)

Cognitive-behavioral therapy in combination with mouth guards may offer greater benefits [\[R\]](#)

Psychotherapy may help by [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reducing stress
- Relaxing jaw muscles

7



Biofeedback

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Attend biofeedback sessions once or twice a week for about 8 to 10 weeks. During these sessions, a therapist will guide you through exercises to control different body functions, such as heart rate or muscle tension, using monitors that provide feedback on your physiological state. Practice the techniques learned during sessions at home daily to improve symptoms and manage your condition.

Description

Biofeedback is a type of therapy that teaches people how to control certain body functions, such as heart rate, blood pressure, and muscle tension. It can be used to treat a variety of conditions, including stress, anxiety, and chronic pain.

Biofeedback is a kind of “**brain training**” in which sensors are attached to your body. They detect information like your heart rate, temperature, and breathing rate. By seeing this information, you may be better able to control these functions [\[R\]](#), [\[R\]](#).

Biofeedback is used to help with [\[R\]](#), [\[R\]](#):

- Gut problems
- Chronic pain
- Migraines
- Insomnia
- Attention

[Neurofeedback](#) is a form of biofeedback that measures brain activity in real time [\[R\]](#).

How it helps

Biofeedback training, including biofeedback via modified mouth guards, may help with teeth grinding [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

However, one review didn't find biofeedback effective [\[R\]](#)..

The benefits may disappear immediately after biofeedback cessation, so ongoing use may be required [\[R\]](#), [\[R\]](#).

Biofeedback may help by:

- Relaxing jaw muscles [\[R\]](#)
- Improving self-control [\[R\]](#)

8

Physical Therapy

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Attend physical therapy sessions 2-3 times per week for a duration of 4-6 weeks, depending on your specific condition and the advice of your healthcare provider. Each session typically lasts about 30-60 minutes, where a licensed therapist will guide you through targeted exercises, stretches, and possibly other treatments like electrical stimulation or ultrasound therapy.

TYPICAL STARTING DOSE

30 minutes

Description

Physical therapy is a therapeutic practice focused on optimizing physical function and mobility through specialized exercises, manual techniques, and therapeutic modalities. It helps individuals recover from injuries, manage chronic conditions, and improve overall physical well-being by enhancing strength, flexibility, and pain management.

Physical therapy (physiotherapy) helps people regain or maintain their ability to move [\[R\]](#).

Physical therapy can involve [\[R\]](#):

- Joint or muscle exercises
- Corrective movements
- Massage
- Education and advice

People mainly use physical therapy to help with [\[R\]](#), [\[R\]](#):

- Pain and injury
- Stroke recovery
- Chronic health conditions
- Headaches

Mirror therapy uses a mirror placed between the arms or legs. The image of a moving arm or leg gives the illusion of normal movement in the affected one. This therapy stimulates different brain regions and aims to improve mobility [\[R\]](#).

Constraint-induced movement therapy is another type of physical therapy. It consists of restraining the healthy leg or arm to increase the use of the affected one [\[R\]](#).

How it helps

Physical therapy may help with teeth grinding. Types that may help include:

- Manual therapy, with or without Kinesio taping (for 4-24 weeks) [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Transcutaneous electrical nerve stimulation (20 min/week for 3 weeks) [\[R\]](#), [\[R\]](#)
- Jaw stretching exercises (for 10 days) [\[R\]](#)

Combining these techniques with talk therapy may offer greater benefits [\[R\]](#), [\[R\]](#)

Before trying manual therapy, talk to a physiotherapist. Stretching exercises may help reduce pain and improve jaw mobility, but they may also increase teeth grinding [\[R\]](#).

Physical therapy may help by [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Relieving tension in the jaw, neck, and head
- Increasing blood flow to the muscles
- Improving muscle movement and jaw mobility
- Reducing pain

Please note: *Nerve stimulation may not be safe for everyone. Consult your doctor before using nerve stimulation devices of any kind* [\[R, R\]](#).

9



Limit Coffee Intake

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Reduce your coffee consumption to no more than 2-3 cups (approximately 200-300 mg of caffeine) per day. Try to avoid drinking coffee after 2 PM to minimize potential impacts on sleep.

Description

Limiting coffee consumption can help prevent potential side effects like jitteriness, insomnia, and increased heart rate, while allowing for better sleep quality and overall energy regulation. Moderation in coffee intake supports overall well-being without overstimulation.

People often drink coffee for an energy and mood boost [\[R, R\]](#).

However, **coffee also comes with some drawbacks**. Drinking a lot of coffee can increase blood pressure and anxiety. It may also cause headaches [\[R, R, R\]](#).

How it helps

Drinking a lot of coffee (more than 8 cups/day) may be linked to teeth grinding [\[R, R, R, R\]](#).

Caffeine may contribute to teeth grinding by lowering sleep quality and overstimulating the nervous system [\[R, R\]](#).

Please note: *polyphenols and tannins from coffee may bind to iron and form insoluble complexes, which reduces iron absorption in the gut. If you have anemia, consult your healthcare provider before using coffee or coffee supplements.*

10



Manual Therapy

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Schedule a session with a certified manual therapist, such as a physical therapist or chiropractor, once a week for at least 3 to 6 weeks. During these sessions, allow the therapist to apply hands-on techniques to manipulate muscles and joints aiming to improve mobility and reduce pain.

Description

Manual therapy encompasses various hands-on techniques used by healthcare professionals, including physical therapists and massage therapists, to alleviate pain, improve mobility, and promote overall musculoskeletal health. It can be effective for addressing a wide range of conditions, from muscle tension to joint disorders.

How it helps

Manual therapy, both alone and combined with other techniques, can help with teeth grinding. It may improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Pain
- Disability
- Stiffness
- Sleep
- Stress
- Quality of life

Manual therapy can help to relieve muscle tension and improve the range of movement in the jaw to reduce teeth grinding

Avoid Secondhand Smoke

IMPACT

1 / 5

EVIDENCE

2 / 5

Implementing a smoke-free lifestyle involves communicating your needs to family, friends, and coworkers, requesting they respect your choice by smoking away from you. At home, establish strict no-smoking policies indoors. When out, choose smoke-free venues and accommodations. Advocate for smoke-free environments in your community and support legislation that promotes public health by reducing exposure to secondhand smoke. Utilize air purifiers at home to reduce any residual particles.

Avoiding secondhand smoke is crucial for maintaining good health. Exposure to secondhand smoke can lead to respiratory problems, cardiovascular disease, and an increased risk of lung cancer, even in non-smokers. Protecting oneself from secondhand smoke involves staying away from smoking areas, ensuring smoke-free environments at home and work, and advocating for smoke-free policies in public spaces.

[illegible]

Secondhand smoke has also been linked to teeth grinding during sleep [R, R].

Cigarette smoke may contribute to teeth grinding by lowering sleep quality and overstimulating the nervous system [R, R].

Continuous Positive Airway Pressure (CPAP)

IMPACT

1 / 5

EVIDENCE

1 / 5

Use the CPAP machine every night while sleeping, making sure the mask fits comfortably but securely over your nose, mouth, or both, depending on the mask type. The machine should be turned on before you go to sleep and only turned off upon waking. Continuous use throughout the night, every night, is essential for the therapy to be effective in treating conditions such as sleep apnea.

CPAP therapy is a treatment for obstructive sleep apnea that involves using a machine to deliver a continuous stream of air pressure to keep the airway open during sleep. It helps individuals with sleep apnea breathe more easily during the night, improving sleep quality and reducing the risk of associated health problems.

Sleep apnea is a common cause of teeth grinding [R].

Several studies found the use of CPAP effective in improving bruxism in people with obstructive sleep apnea [R, R, R].

13



Occlusal Splints

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Wear an occlusal splint, which is a mouth guard designed to reduce teeth grinding and jaw clenching, nightly while sleeping. Continual use on a nightly basis is recommended for best results.

Description

Occlusal splints are dental appliances that can help manage conditions like bruxism (teeth grinding) and temporomandibular joint (TMJ) disorders by providing cushioning and support to the teeth and jaw.

How it helps

The evidence to recommend occlusal splints for teeth grinding is limited and mostly negative. Occlusal splints may not improve masticatory performance, muscle activity, bite force, or sleep. However, they may reduce tongue force [\[R, R\]](#).

14



Transcutaneous Electrical Nerve Stimulation (TENS)

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Apply TENS unit electrode pads around the area in pain; begin with the device set to a low setting and gradually increase intensity to a comfortable level. Use the device for 15-30 minutes per session for pain relief, and it can be used multiple times a day as needed.

TYPICAL STARTING DOSE

30 minutes

Description

TENS is a therapy that uses low-level electrical currents to relieve pain by stimulating the nerves. It's commonly used as a non-invasive method to manage various types of pain, such as musculoskeletal pain or chronic pain conditions.

How it helps

TENS may reduce pain and improve muscle function in people with sleep bruxism. However, other techniques such as muscular awareness/relaxation training may be more effective [\[R, R, R\]](#).

TENS helps alleviate teeth grinding by sending small electrical impulses to your jaw muscles, which reduces muscle tension and relaxes your jaw.

15



Jaw Exercises

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Perform jaw exercises twice a day, each session lasting for 10 minutes. Focus on movements that open and stretch the jaw, such as slowly opening and closing your mouth as wide as comfortably possible, and moving the jaw gently from side to side. Consistent daily practice over several weeks is essential for noticeable improvement.

TYPICAL STARTING DOSE

10 minutes

Description

Jaw exercises can help alleviate symptoms of temporomandibular joint (TMJ) disorders and improve jaw mobility. They may provide relief from jaw pain and support better oral health.

How it helps

Jaw exercises may improve pain intensity, perceived stress, sleep, and quality of life in people with sleep bruxism. They may be more effective for pain reduction in combination with a psychological intervention [\[R\]](#), [\[R\]](#).

Jaw exercises increase strength and flexibility in your jaw muscles, reducing tension and thus lessening the incidence of teeth grinding. These exercises can also improve jaw alignment, which could be an underlying cause of this condition.

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Acupuncture

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

Several acupuncture modalities have been shown to improve pain and mouth opening in people with sleep bruxism. These include:

- Laser acupuncture [\[R\]](#)
- Auricular stimulation [\[R\]](#)
- Deep dry needling [\[R\]](#)

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Mindfulness Meditation

IMPACT

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EVIDENCE

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How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

How it helps

Mindfulness meditation combined with sleep hygiene reduced sleep bruxism in a non-placebo-controlled trial of 32 children [\[R\]](#).

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Progressive Muscle Relaxation

IMPACT

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EVIDENCE

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How to implement

Set aside at least 10-15 minutes daily in a quiet, comfortable spot where you won't be disturbed. Start by tensing the muscles in your feet for 5 seconds, then relax for 30 seconds, and progressively work your way up through the major muscle groups of your body, tensing then relaxing each for 5 and 30 seconds respectively.

TYPICAL STARTING DOSE

10 minutes

Description

Progressive Muscle Relaxation is a relaxation technique involving the systematic tensing and releasing of muscle groups to reduce muscle tension, stress, and anxiety. Regular practice can lead to improved physical and mental relaxation.

Progressive muscle relaxation is a relaxation technique focused on releasing muscle tension. In this technique, you focus on tensing and relaxing different parts of your body, one after the other, to relieve stress [\[R\]](#), [\[R\]](#).

It is common to start with the toes and slowly work your way up to the neck and head. Try to focus on a single muscle group at a time (for example, the calf muscles). Tense these muscles for 5-10 seconds, then relax for 20-30 seconds before moving on to the next muscle group [\[R\]](#), [\[R\]](#).

How it helps

Progressive muscle relaxation combined with other techniques such as sleep hygiene or biofeedback may slightly improve sleep bruxism. However, this relaxation technique hasn't been tested alone. Moreover, not all studies found it beneficial [\[R\]](#), [\[R\]](#), [\[R\]](#).

This relaxation technique helps reduce muscle tension, which can be beneficial for individuals who grind their teeth.

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Meditation

IMPACT

0 / 5

EVIDENCE

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How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

Meditation is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [\[R\]](#):

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [\[R\]](#), [\[R\]](#):

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

Mindfulness meditation combined with sleep hygiene reduced sleep bruxism in a non-placebo-controlled trial of 32 children [\[R\]](#).

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.