

# Do You Clench or Grind Your Teeth?



headaches  
worn teeth  
neck pains



Your Solution is ...

**BiteSoft™ Anterior Splint**

## BRUXISM: A MAJOR DENTAL PROBLEM

**B**ruxism is the common occurrence of involuntary clenching and grinding of teeth primarily while sleeping. Bruxism may cause headaches, damage to teeth and fillings, as well as neck pain. Most individuals are unaware they brux; and although it may be mild in some cases, if left undiagnosed painful and costly complications can occur over time.

## WHAT IS BITE-SOFT?

**B**iteSoft™ is a custom-fitted Anterior Bite Splint worn over the 6 anterior teeth while sleeping. Fabricated with premium materials, BiteSoft's patented design results in jaw stability and relaxation providing an optimal and effective solution for overcoming clenching and grinding. BiteSoft is the # 1 prescribed Anterior Bite Splint in the world that ensures the protection of your natural teeth and restorative work.

## WHO'S A CANDIDATE FOR BITE-SOFT?

**O**nce a patient has undergone a comprehensive examination by their dentist to determine the severity of their Bruxism, they then become a candidate for BiteSoft. Patients who have difficulty wearing large, uncomfortable splints can also benefit from the comfort of the BiteSoft Anterior Splint while maintaining better dental health.



## FEATURES & BENEFITS:

- Reduces Clenching, Grinding, Headaches, Jaw Pain, Sleeplessness, & Depression
- Prevents Cracking or Chipping of Teeth & Fillings
- Safeguards Your Investment in Crowns, Veneers, Implants, and Fillings
- Protects Natural Teeth from Wearing
- Extremely Comfortable to Wear
- Non-Invasive; Drug-Free

**BiteSoft™ Anterior Splint**



## SELF ASSESSMENT TEST FOR BRUXISM

Do you know if you clench or grind your teeth? Complete the following self-assessment test for Bruxism and see if you are a likely candidate for BiteSoft.

Check all that apply to you:

- Are you told that you grind your teeth while sleeping?
- Do you suffer from headaches or jaw pain?
- Have you had wear, damage or fractures of teeth, fillings, or crowns?
- Do you feel occasional discomfort when chewing?
- Do you have a clicking jaw?
- Are your temples or jaw muscles tender when pressed?
- Do your teeth touch or make contact when you are not chewing?
- Do you wake up feeling tired and sleepless?

*If you answered YES to any of the above questions, Bruxism may well be causing significant problems for you. Please discuss this completed questionnaire with your dentist and ask how the BiteSoft Anterior Splint can be of benefit to you.*



## FREQUENTLY ASKED QUESTIONS

Is BiteSoft comfortable to wear?

The vast majority of people adapt to the minimal dimensions almost immediately. Most individuals prefer wearing the appliance at night due to the muscle relaxation effect.

Can BiteSoft be worn during the day?

The BiteSoft Anterior Splint is designed to be worn only while sleeping when there is no conscious control of clenching. Only your dentist can advise you if day time wear will be necessary.

Who can prescribe a BiteSoft Anterior Splint?

Your dentist can prescribe a BiteSoft Bite Splint after a comprehensive exam is completed to determine if you clench or grind your teeth.

How effective is BiteSoft Splint Therapy?

Although total protection of teeth can be guaranteed, the effectiveness of Bite Splint Therapy is dependent on the individuals circumstances when used to overcome pain.

How often do I have to replace my Bite Splint?

The BiteSoft Anterior Splint should be replaced every two years or sooner depending on the severity of your bruxing. It is imperative to continue periodic dental exams to ensure that your teeth and dental restorations remain protected.