



*"We're sleeping better now that we use nightguards to reduce our bruxing."*



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## Nightguards

Patient Education



## Nightguards

**Stop the Grind**  
Bruxing & Clenching Treatments

[www.ocdentallab.com](http://www.ocdentallab.com)



In addition to relieving head, neck, jaw joint, and shoulder pain, it will protect your existing teeth and your dental restorations. It is highly recommended for those who have crowns, bridges, implants and dentures to offset the effects of this often-subconscious habit that occurs during sleep.

## Comfort H/S Bite Splint™

Custom-made to fit your unique bite using ISO-certified materials that are BPA-free and non-allergenic

**D**o you wake up with a stiff, tired jaw? Are your teeth sensitive to cold drinks? If you answered yes to either of these questions, you may be grinding or clenching your teeth during sleep. Grinding of the teeth is a medical condition called bruxism. Over time, bruxism will result in the wearing down of your natural tooth enamel.



*Bruxing can wear down and destroy your teeth.*

In fact, studies suggest that those who grind and clench their teeth experience up to 80 times the normal wear per day compared with those who do not.

Reduce the risk of wear and tear on your existing healthy teeth by using a nightguard. Clear, thin, and removable, a nightguard is custom-made to fit over your upper or lower teeth as you sleep.



*Nightguards are custom-made and easy to insert or remove.*



Hard outer surface is durable and crystal clear.

Soft inner surface rests comfortably against the teeth and gums.



Hard outer surface and soft inner layer  
Indicated for mild to moderate bruxing/clenching  
Ideal for patients allergic to acrylics or metals

### New Color Options!

Comfort H/S™ Hard Soft Bite Splint



Green



Pink



Blue



Clear



## Astron CLEARsplint™

A hard nightguard fabricated from a modified composite material that is made to your prescribed bite plane.

Self-adjusting in warm water  
Hypoallergenic  
Highly visible  
Available in a variety of translucent colors