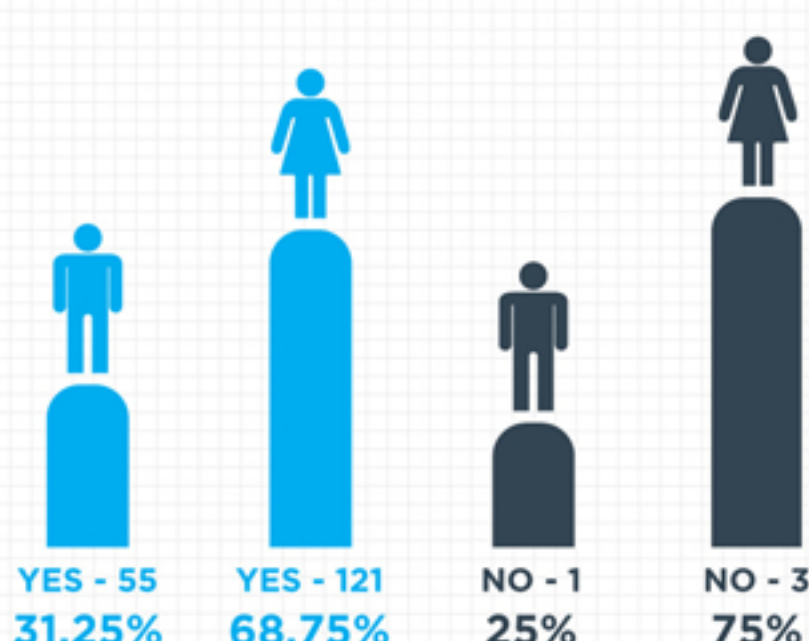
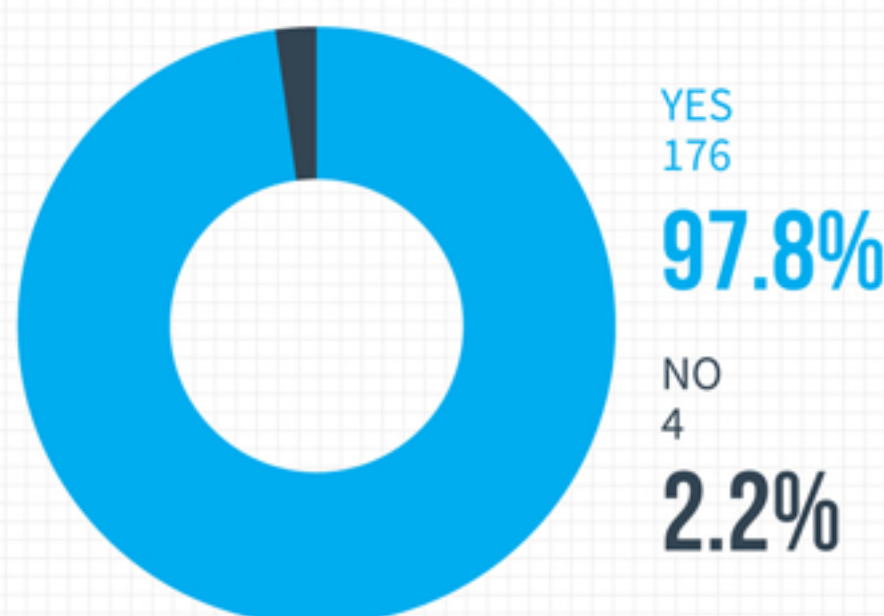


CHEWING THE FACTS

WHAT WE KNOW ABOUT TEETH GRINDING

NIGHT-TIME NUISANCE

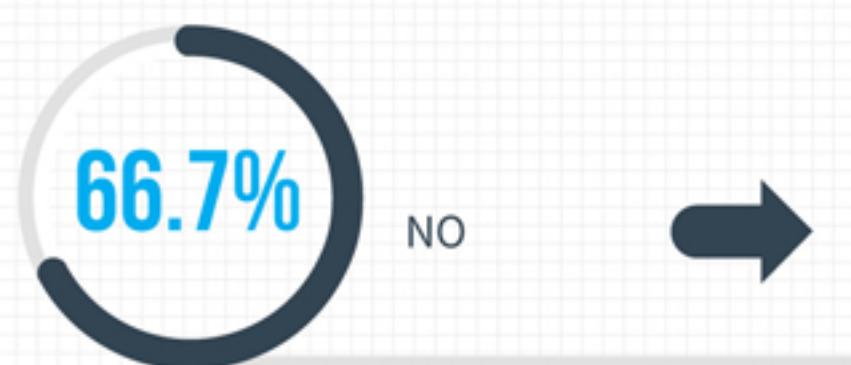
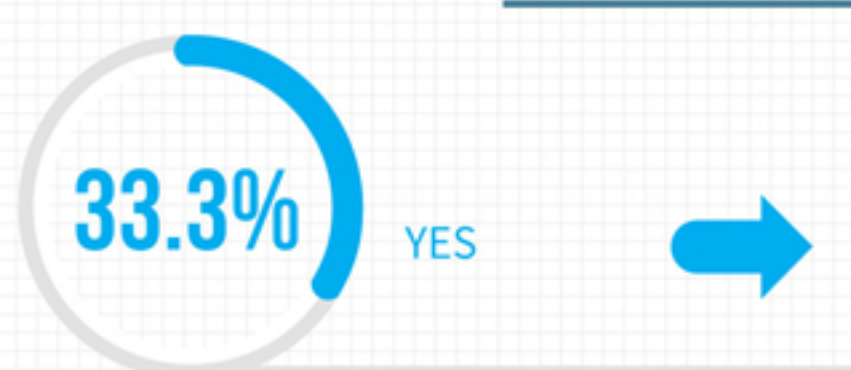
Do you grind your teeth while you sleep?



180 people in the UK and Ireland participated in our Survey. 176 of these said they grind their teeth, 121 of whom were women.

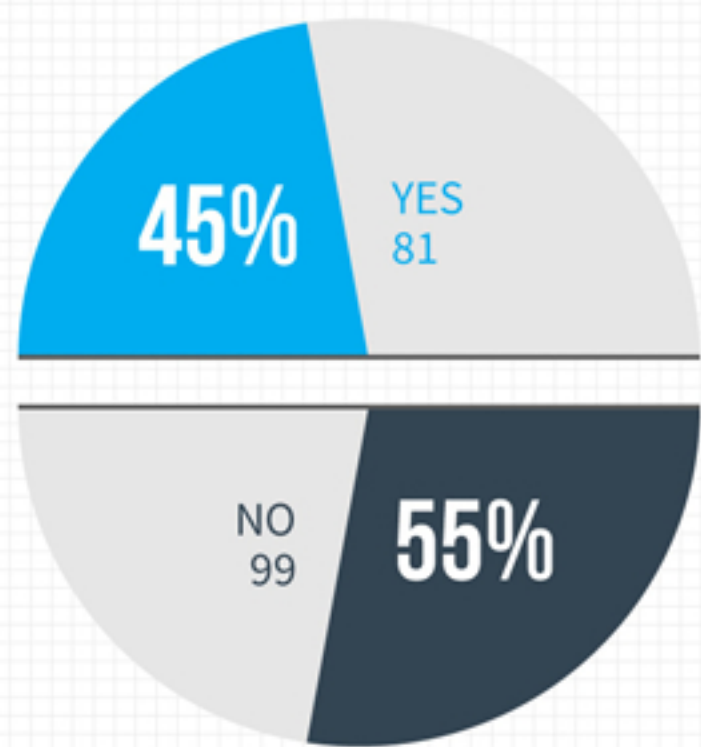
PAYING ATTENTION

Are you aware you grind your teeth?



ORAL CARE

If you suffer from teeth grinding, have you sought medical treatment?



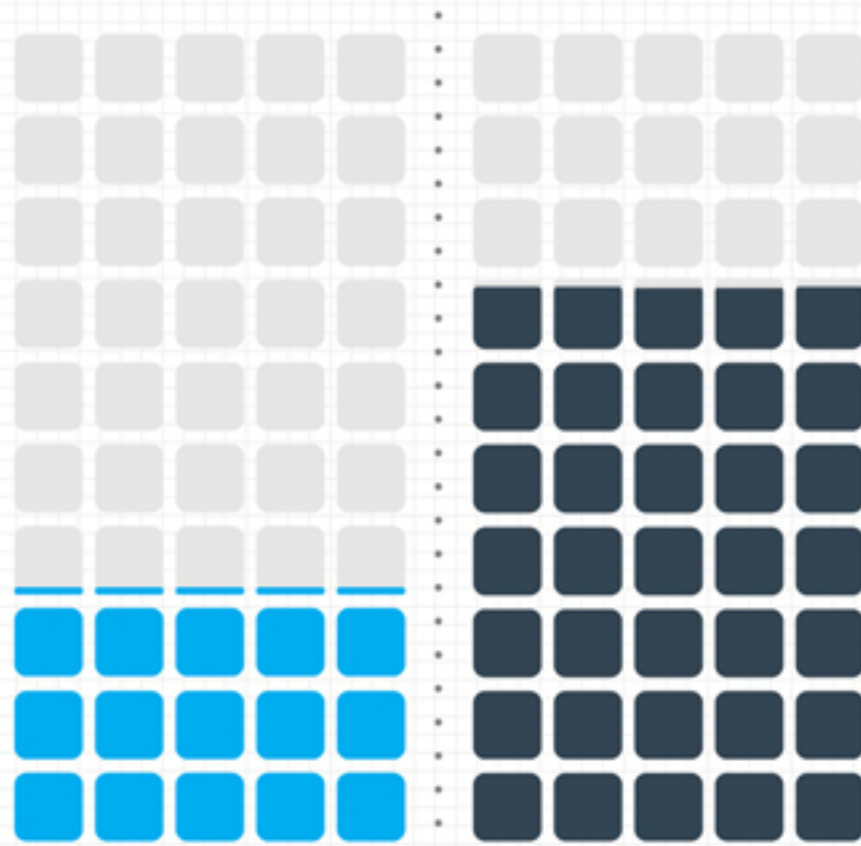
Examples of treatment



MOUTH GUARD / BITE SPLINT

NITTY-GRITTY

Do you know what bruxism is?



BRUSHING IT OFF

Do you know the impact untreated teeth grinding can have on your health?

