

## Sleep bruxism : An old but controversial issue

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Sleep bruxism (SB), historically viewed as a pathologic condition linked to occlusal issues and a primary etiologic factor in temporomandibular disorders, has undergone a paradigm shift. With advancements in sleep medicine, the perspective has shifted towards recognizing SB in otherwise healthy patients as a physiologic phenomenon accompanied by sleep arousals from the autonomic nervous system activation during sleep.

This lecture will delve into the complex and diverse spectrum of SB, exploring its etiology not as a singular condition but as a multifaceted issue with links to medications, stress, and various comorbidities. Attention will be directed towards the implication of the findings of the current understanding of SB for clinical practice. Dentists should be vigilant in recognizing the broader context in which bruxism occurs, moving beyond conventional treatment paradigms to embrace a more comprehensive approach that addresses the intricate interplay of factors influencing bruxism during sleep.

In conclusion, this presentation aims to equip practitioners with the knowledge to discern the nuanced nature of SB and the competence to adapt their clinical practices to the evolving science, ensuring patient care that is both informed and reflective of the latest research.

### Profile

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