

# IT WORKS ...



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

## STOP ...

tooth pain



jaw pain

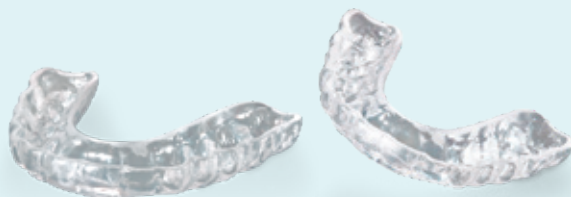


facial muscle pain



*with*

## NIGHTGUARDS



# SLEEP BETTER...

Do 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.

**Studies suggest that those who grind their teeth experience up to 80 times the normal wear per day compared with those who do not.**

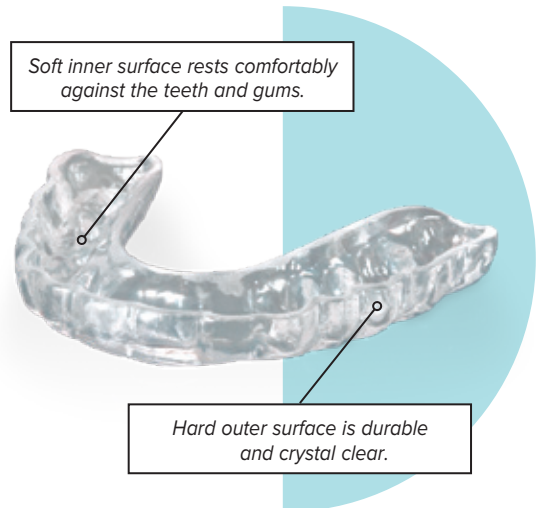
In addition to relieving severe tooth, jaw or facial muscle pain, a nightguard will protect your existing teeth and your dental restorations from the effects of bruxism. For those who have crowns, bridges, implants and dentures, a nightguard is highly recommended to offset the effects of this often subconscious habit that occurs during sleep.



## COMFORT H/S™ BITE SPLINT

Custom-made to fit your unique bite using materials that are BPA-free.

- ▶ Hard outer surface and soft inner layer
- ▶ Indicated for protection against bruxism and nighttime teeth grinding



## COLOR OPTIONS for Comfort H/S™ Hard Soft Bite Splints



BLUE



PINK



CLEAR