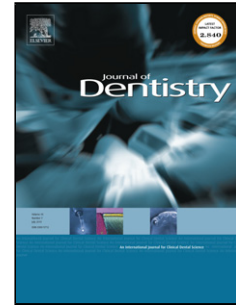


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Are there associations between sleep bruxism, chronic stress, and sleep quality?

Short title: Sleep bruxism, chronic stress, and sleep quality

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Abstract

Objectives:

The purpose of this study was to identify associations between definite sleep bruxism, as defined by the American academy of sleep medicine, and chronic stress and sleep quality.

Methods:

Sleep bruxism was determined by use of questionnaires, assessment of clinical symptoms, and recording of electromyographic and electrocardiographic data (recorded by the Bruxoff[®] device). The study included 67 participants. Of these, 38 were identified as bruxers and 29 as non-bruxers. The 38 bruxers were further classified as 17 moderate and 21 intense bruxers.

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