Lecture 1 :
Putative mechanisms associated to the genesis of jaw muscle activity during sleep: updating the evidences from neuroscience, genetics, psychology

Lecture 2 :
Intelligent devices for bruxism assessment

Gilles Lavigne, DMD, MSc, PhD, FRCD (oral med), FCAHS

Faculty of DentalMedicine, Universite de Montreal and Center for Advanced Research in Sleep Medicine. Le Centre Intégré Universitaire de Santé et de Services Sociaux (CIUSS). Nord Ile de Montreal. Montreal, Canadá.

These 2 lectures are an overview of the following 3 points:
- What is sleep bruxism nowadays and where are we heading: phenotyping/personalized dental medicine, can 'open science' be an avenue?
- Overview on evidences related to the genesis of sleep bruxism: mood, genetic, sleep arousal, cardio and respiratory interactions…
- Home sleep monitoring is growing for over 20 years and new devices are offered to help us in decision making: diagnosis and management. Is this an opportunity to move in the 21 century or just an addition to our complex practice? What are the advantages and risks of these technologies?