



Sleep bruxism, insomnia and sleep breathing disorders

Dra. Cibele Dal Fabbro

**Dental Sleep Medicine Coordinator Program at Sleep Institute,
Sao Paulo, Brazil.**

Researcher at the Research Center of CIUSSS NIM & CHUM. Montreal, Canada

Sleep Bruxism (SB) can occur in association with other sleep disorders such as Obstructive Sleep Apnea (OSA) and Insomnia.

The aim of this presentation is to show the current and the past literature on these associations, which are not necessarily for all individuals with OSA or insomnia. Also, the management of SB will be addressed when it is associated with OSA or Insomnia

Several factors have been studied to explain the association between OSA and SB. Demographic factors, such as age and gender and anatomical factors such as craniofacial structure are among them. Polysomnographic variables and endotypes also have been shown to influence the association of the OSA and SB, as well as the presence of other comorbidities.

The association Insomnia and SB was recently found in some papers, but again for a group of individuals.

At the end of the presentation, some take home messages will address the main points and future avenues.

