



## **Bruxism, sleep and orthodontics from childhood to adulthood**

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Is sleep bruxism related to the disturbed sleep of patients with sleep-disordered breathing?

A possible relationship between sleep bruxism (SB) and several sleep disorders has been suggested in children, which could influence sleep quality and quality of life. Parental-reported tooth grinding in children is correlated, even if weakly, with some sleep disorders concerning the sphere of bedtime problems, night awakenings, nocturnal symptoms, breathing symptoms, and morning symptoms. Which are the risk factors related to bruxism?

Male, gene, mixed position, moves a lot, anxiety, the nervous, psychological reactions, responsibility, secondhand smoke, snore loudly, restless sleep, sleep with light on, noise in room, "sleep hours,  $\leq 8h$ ", headache, objects biting, conduct problems, peer problems, emotional symptoms and mental health problems. snoring, mouth breathing, restless sleep, drooling, stomach position during sleep, and lack of sleep are the risk factors related to bruxism in children. Objective of the lecture is how to integrate this knowledge in the orthodontic management.

