

Re: Grinding teeth?

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Anyway, as far as grinding goes, my main question is, how do I know if
Im grinding or not?
And is there any way to deal with it other than to wear something in
my mouth at night?

Your wife can tell you if you grind your teeth at night. My wife told me.

I grind my teeth, and have a nightguard, and only had problems with it for
the first couple of weeks. Since then I feel funny if I sleep without it.