

Re: teeth crack

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I guess the cracks could not be there in one day, if one grind his teeth or chewing hard things, how long can that result in tooth crack?

This is the result of "years" of activity--usually.

Chewing doe NOT cause damage to teeth. Your tooth to tooth contact while chewing food is very light. Studies show people can clench with over 200 PSI of force while awake (some studies show much more force is possible). Other studies show that muscle activity intensity during sleep can increase 14 times, during sleep, for those patient who clench at night. Add to the mix that most night-time clencher will grind isometrically while sleeping. If you are conservative and allow only 250 PSI of force during sleep, you are doing the same thing as if you were balancing a piano on each tooth and twisting it with its full weight on the tooth. Do this for 5-8 hours a night for a few years, and guess what happens?

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Amatus

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