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Sleep bruxism, quality life a malocclusion in teenagers

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Aim: To assess the relationship between sleep bruxism, malocclusion and the impact on quality of life in public school children in the city of Tubarão, State of Santa Catarina, Brazil.

Methods: A group of 244 students, boys and girls, aged 10-15 years was randomly selected. Data collection was performed through clinical assessment and questionnaires administered to children's guardians. The criteria established by the American Academy of Sleep Medicine (AASM) were used to assess sleep bruxism, and the Dental Aesthetic Index (DAI) was used to evaluate malocclusion, whereas the impact on quality of life was measured using the Oral Impacts on Daily Performances (OIDP) index as proposed by Adulyanon and Sheiham (1998), and validated in Brazil (Goes, 2001). The Chi-square test and SPSS software were used for statistical analysis.

Results: The prevalence of sleep bruxism was 16.4%. There was no statistically significant relationship between sleep bruxism and malocclusion in the DAI. However, there was a statistically significant relationship between sleep bruxism and children's quality of life, with detrimental impact on speech.

Conclusion: Sleep bruxism cannot be associated to malocclusion criteria evaluated, but the impact in life's quality was clearly in adolescent's subjects.

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