

How Sleep Bruxism and Tension Headaches Affect the Masseter Inhibitory Reflex

Sleep bruxism (SB) is classified as a repetitive jaw-muscle activity characterized by clenching or grinding of the teeth and/or by bracing or thrusting of the mandible. In recent years, the inhibition of the masseter inhibitory reflex (MIR) has been shown to result in increased bite force during sleep bruxism events. Tension type headaches (TTH) are a hallmark symptom reported by sleep bruxism patients and affect the MIR very similarly to SB.