

How to Stop Grinding Your Teeth at Night Naturally

Like many of you, I grind my teeth at night and this is unfortunately a problem I have dealt with for a while. If you clench your fists or scrunch your neck, these are signs that you probably respond to stress with tension. Teeth grinding may be something you experience too as a result.

The Solution that Dentists Recommend

Not only is teeth grinding unpleasant, but it is a habit that has led to expensive dental bills for me. **My dentist recommends that I wear a mouth guard, but I hate it. For anyone who has worn one, it is uncomfortable and creates a slobbering mess.** I notice it the most when I wake up in the middle of the night.

How I Got to the Root of the Problem

In an attempt to put away the mouth guard and as someone who suffers from sleep issues as well, I turned to natural remedies to help me relax **since most of my teeth grinding has to do with stress.** With this direct correlation, the more at ease I became before bed, the better my sleep was though the night. **Before I share with you what works for me, I want to preface that you should continue to wear a mouth guard until you learn to relax and calm down before bedtime**

Natural Remedies that Help Stop My Teeth Grinding

- **Turmeric Milk:** Tryptophan is an amino acid in milk that helps the nervous system relax, while [turmeric](#) acts as a pain reliever to reduce jaw pain and headaches.
- **Magnesium:** You can take it in the form of a pill or [take a bath](#) with Epsom salts, which will help bind to the serotonin in your brain to help you relax and alleviate stress.
- **Hot Baths:** If you are not a fan of baths, you can soak a washcloth in warm water instead. Warm water helps your jaw relax, so taking a bath before you sleep can help immensely.
- **Essential Oils:** Spray your pillow with some. Personally, I love to use the premade ones. Spray them on a piece of wool or silk and slip it into your pillow case for maximum impact.
- **Muscle Rub Balm:** My tension area is generally in my neck, so applying some balm helps the muscles in that area to relax and prevents teeth grinding. The smell tends to help as well.



How Your Senses Solve Your Problems

I am always amazed at how often essential oils come up as research-backed solutions for relaxation. I always believed in the power of the sensory and it is more apparent than ever after trying these natural remedies. Not only have I have gotten to the root of my problem by reducing stress, but it stopped my teeth grinding and gave me the restful sleep I need to thrive in my daily life.

What are some other tried and true natural remedies that work for you? Please share in the comments below.

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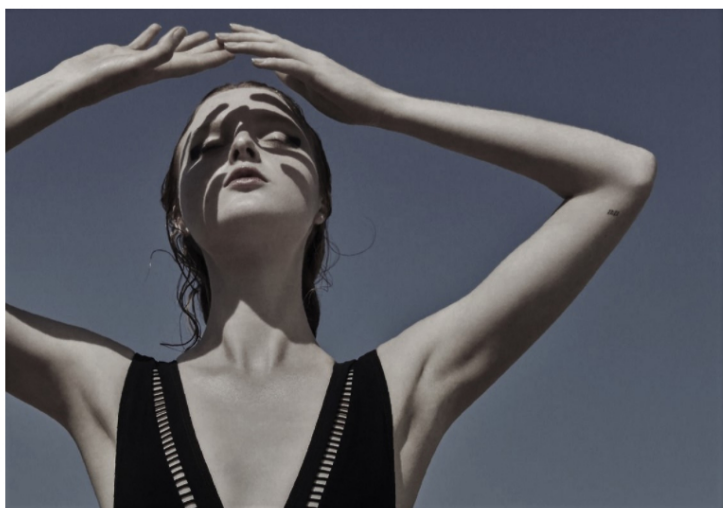
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