



**What does clenching my teeth have to do with these problems?** The high-intensity contractions of these powerful muscles become painful and the forces generated cause pain to surrounding tissues, joints, and other muscles. By reducing the intensity of the clenching, you're effectively minimizing the source of the pain in many cases, in just a few days.

**Has this treatment been tested?** The NTI-tss® device has been used successfully with thousands of patients in the United States and many other countries. It has received marketing allowance from the FDA and complies with all requirements as an approved dental device.

**Is there a difference between the NTI-tss device and the traditional dental nightguard device or TMJ splint?** Yes. Traditional flat-plane splints and nightguard devices provide a surface for you to "bite down on." New studies show, however, that these devices can actually increase the intensity of your clenching reflex, often to over 104% of your normal bite. High-intensity clenching has recently been found to be the real cause of the problem. With the advent of the revolutionary NTI-tss device, we can begin to solve the real problem: actually preventing your back teeth from clenching intensely and coming into contact with each other. Stop intense clenching, stop the source of the pain. The NTI-tss device suppresses the clenching reflex by preventing the posterior teeth from contacting each other, thereby eliminating teeth-grinding altogether. There is no surface to bite down on or bite into. The temporalis muscles are kept from contracting with their usual intensity. The clenching reflex is suppressed and almost eliminated. The NTI-tss device helps to keep it from happening.

**Can the NTI-tss device really help make me feel better?** Yes. By reducing the intensity of involuntary clenching at night while you're asleep (and even during the day if stress triggers unconscious involuntary clenching at work and home), the NTI-tss device minimizes clenching intensity and, in time, minimizes intense clenching as the source of your pain. 1. Boyd JP. Splitting the headache & solving the sinuses. Bloomfield Hills, Mich: Headache Prevention Institute; 1996:40.

**What can we do to help?** In one office visit we can create a custom-made NTI-tss device.

**Approximate size:** The tiny, clear-plastic device fits over your top two front teeth. You only wear the NTI-tss device while you sleep at night. It makes clenching virtually impossible. In a few days or weeks, your clenching reflex is suppressed. Morning headache pain, neck pain, sore jaw, and other related pain associated with involuntary intense clenching usually begins to resolve and disappear.

**When can I expect relief?** Within a few hours to a few weeks; it all depends. Many patients report significant relief overnight, others usually within a month. Your highly trained clenching muscles have to un-learn their intense activity, and the time it takes to accomplish this varies from patient to patient.

**What else can I expect?** The NTI-tss device may eliminate the need for prescription and over-the-counter pain medications that you take for morning headache, sore neck, sore jaw, and related pain associated with involuntary clenching of the teeth. Because the NTI-tss device helps reduce the intensity of your clenching, it helps maximize your comfort and should minimize your need for medications. You may find that you're more productive and that you can do more throughout the day because you're pain-free and more comfortable with less tension and stress. These problems can be treated because they are most likely caused by clenching your teeth when you're sleeping and occasionally throughout the day.

**The information you find in this pamphlet may help you take the first step in solving the problem—which is telling us about it. Can clenching my teeth really cause all of these problems?**

Yes! Clenching your teeth while asleep and during the day is the result of some of the strongest muscles in your body tensing up (up to 6 to 20 times more intensely than nonsufferers), which can cause morning and tension headaches, and even damage surrounding joints, teeth, and other muscles. These muscles—called the temporalis muscles—are located on the sides of your head and are used when you chew or close your mouth. When you clench your teeth, these muscles can create a great deal of stress and tension: to your jaw joints, to your neck muscles, and to your teeth.

**What we need to know about you. Please answer these questions and discuss them with us. Your major source(s) of discomfort are (check all that apply):** \_\_\_\_ Painful, aching jaw

\_\_\_\_Sore, sensitive teeth \_\_\_\_Stiff neck \_\_\_\_Tension headaches \_\_\_\_Morning headaches