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EFFECT OF BIOFEEDBACK ON SLEEP, STRESS AND BRUXISM

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ABSTRACT

Sleep bruxism(SB) has been present for over a century. The etiology of SB remains a gray area in the literature. There are many treatment modalities in the literature. Bruxism can be managed by dental treatment such as dental guards and occlusal splints, psychosocial interventions, medications, botulinum toxin, occlusal adjustment/reorganization and BIOFEEDBACK. Interest in biofeedback management of bruxism has recently revived. Two factors appear to be relevant. Firstly, there remains no satisfactory definitive treatment for bruxism on grounds of efficacy and acceptability^{1,2}. Secondly, recent technical advances permit smaller and cheaper biofeedback appliances that may now make wider uptake feasible. Biofeedback is a powerful tool for combating stress, by training and developing mind-body intelligence. This present review has discussed various biofeedback appliances available.

KEYWORDS

Biofeedback, Bruxism, Electromyography, Polysomnography, Contingent electrical stimulation, Functional electrical stimulation

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