

# Grind No More Dental Night Protectors Users Guide



An estimated 60 million adults are affected by bruxism, more commonly known as teeth grinding or clenching. Individuals may be affected by a variety of symptoms including worn tooth enamel, gum recession, increased tooth sensitivity, jaw pain, earaches and headaches. Plackers Grind No More® Dental Night Protectors is a dental night guard that provides exceptional comfort, protection and hygiene.

- **Comfort:** The streamlined one-size-fits-all design is made to be worn on **upper or lower teeth** – whichever is more comfortable.
- **Protection:** These night guards for teeth meet the needs of both “clenchers” and “grinders” – patented bite plate alignment grooves, absorbing bite plates, and stabilizing bite plate lips work together for maximum protection.
- **Hygienic:** Each dental night guard is disposable and can be used for up to 3 days, although depending on how much you use them, they may last several weeks.