

**- Dental care / Stress**

## Stress-Related Dental Problems on the Rise

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If you wake up with a headache or sore jaw, you might be grinding your teeth in the night — and you're not alone. Stress often triggers this problem, and a survey conducted last spring in Israel and Poland found that the COVID-19 pandemic is making the issue more widespread. In fact, during Israel's first lockdown, the rate of people who suspected they were grinding jumped from 10 to 36 per cent. To prevent tooth damage, a dentist can make you a bite guard to wear at night. And to reduce the stress at the root of this habit, many activities can help: a workout, meditation, deep-breathing exercises, watching a funny show or simply indulging in a leisure activity that you enjoy.

