The Sleep Clench Inhibitor (SCI+) protects your smile.

Bruxism, the clenching and/or grinding of teeth, can cause many problems. With the SCI+, many of these can be alleviated. Tailor-made for each patient, the SCI+ removes tension in the jaw muscles, relieving headaches on waking and other associated pains, as well as safeguarding the teeth against wear.

Many people clench and/or grind their teeth at night whilst asleep without realising. This is due to a tensing of the jaw muscles, putting the upper and lower teeth under immense pressure. Not only does this cause damage to your teeth, it is often the cause of headaches, migraines, and jaw and neck pain.

Grinding and clenching can lead to:
- a damaged smile
- increased wear of fillings and teeth
- damage to veneers and crowns
- failure of dental implants
- headaches
- jaw and neck pain
- increased facial muscle around the jaw

Why do patients like wearing the SCI+?
- low profile worn over the six upper anterior teeth
- custom-made for a great fit
- a soft inner lining to give added comfort
- suitable for patients with a deep bite

Rationale
The SCI can be used for:
- severe bruxism
- occlusal trauma
- headaches and migraines
- maintain and stabilize a centric relation prior to restorative work
- disordered function of the TMJ and muscle.

“...At last I have found something that really does significantly reduce neck ache, headaches, clenching and premature dentition wear...

Dr Jones, North London

Construction requirements
We require an upper and lower impression (silicone based material is preferable), with fully protrusive and retrusive bite records recommended to produce an accurate length on the Discluding Element (DE).

Additional information
SCI+ splints are a laboratory constructed version of the FDA-approved SCI Chairside Splint (previously known as NTI-tss). Chairside Splints are, most commonly, fitted to the lower arch. The SCI+ design chart, found overpage, helps you prescribe these for your individual patient’s needs.
My patients have found the SCi splint a comfortable way to prevent the grinding and clenching of teeth. I am confident to recommend it...

Dr Parsons, Manchester

**Design chart**

**Standard Lower SCi+**

This device is the most common form of SCi+.

**Indications:**
- Crowded/narrow arch
- Class I & III occlusion
- Long protrusive >8mm
- Missing lower incisors
- Restorations oppose natural upper incisors.

**Contraindications:**
- Overbite >50%
- Lack of crown height
- Overjet >3mm.

**Standard Upper SCi+**

Used when contraindications do not permit a lower.

**Indications:**
- Overbite >50%
- Uneven upper incisors
- Restored upper incisors
- Lower incisors offer poor retention
- Overjet >3mm.

**Contraindications:**
- Narrow lower arch
- Class III bite
- Uneven lower incisors.

**Deep Bite SCi+**

The discluding element (DE) is sloped to prevent increased VDO.

**Indications:**
- Deep bite
- Class II div 2.

**Daytime SCi+**

A device with a smaller DE, this is ideal for diurnal parafunction.

**Indications:**
- A ‘habit’ appliance for daytime bruxing and clenching
- Migraineur or severe headache patient needing pain relief.

**Contraindications:**
- May take time to get used to speaking whilst wearing the device.

**SCi+ with slider**

Flat plane to canines, opposing a standard SCi+, ideal for those who break devices.

**Indications:**
- Uneven incisors in both arches
- Patient divots/breaks previous devices
- Veneers on both arches
- Missing an incisor on both arches.

**Contraindications:**
- Where the increased VDO is not desirable.

**Full arch SCi+**

Standard covers centrals and laterals, but the full arch allows for any desired coverage.

**Indications:**
- Can be fitted over fixed retainer
- Increased retention for short clinical crowns
- Added strength.

**Contraindications:**
- Can be less comfortable due to increased size.