Soft Bite Raising Appliances (BRAs) are probably the most commonly prescribed splint for bruxism and TMD, albeit perhaps the least effective.

The soft guard will protect the teeth by separating and preventing them from coming into contact. After a short period, the guards will deteriorate and need replacing. It is also common for patients to bite through them.

It is also believed that patients who clench during sleep will often clench more on the soft splint, sometimes leading to an increase in initial symptoms.

**Construction requirements**
- Upper and lower impressions (alginate is suitable)
- Design indication (full coverage, partial coverage, etc)

Soft BRAs have been the most commonly used devices for the treatment of TMD or bruxism in dentistry to date. Further studies and development of new devices has shown a steady decline in this type of device.

**Rationale**
- TMJ trauma
- Removes minor tooth grinding
- Occlusal trauma

**Other names**
- Nightguard
- Gumshield
- Soft Splint
- Soft Biteguard
- PVA Splint
- Decompression Splint