Nightguard is a generic term often used to describe a device worn on the teeth at night to protect them from grinding and clenching. There are many types of Nightguard appliances available, so it is important that you describe any particular attributes you would like when submitting your prescription.

For instance, a dual laminate mouthguard is a device made with bi-laminate material, meaning it is soft on the fitting surface and hard on the top surface.

This is ideal for comfort, where patients may experience some tenderness in their gums and teeth, and the hard outer surface will remain more resistant to wear.

The devices are great for preventing tooth wear in patients that do not have symptoms of bruxism, but are clenching or grinding. The Nightguard is generally worn on the lower teeth, but can be made to fit the upper.

**Construction requirements**
- Upper and lower impressions

Nightguards have been used by dentists to prevent tooth grinding for many years. They are very thin, comfortable alternatives to a simple Soft Bite Guard.

**Rationale**
- To prevent tooth wear, caused by grinding
- To prevent breakages to crowns, bridges or teeth
- Occlusal trauma

**Other names**
- Nightguard
- Dual-laminate Appliance
- Hard/Soft Biteguards