Sleep Bruxism and Sleep Disordered Breathing: A Systematic Review

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BACKGROUND
Sleep Disordered Breathing (SDB) has been of significant relevance to the dentist as it has been associated not only with sleep bruxism (SB) but also with a variety of oral and craniofacial problems. Previous studies have supported the association between SB and SDB but no systematic analysis has been published.

OBJECTIVE
To consolidate our current knowledge on the potential association between SB and SDB.

METHODS
Eligibility Criteria: Studies using full ambulatory PSG as the gold standard reference test to determine SDB and the international diagnostic criteria proposed by AASM to determine sleep bruxism.

Resources: MEDLINE, PubMed, EMBASE, The Cochrane Library and LILACS.

Study selection: Independently done by both reviewers and disagreements were resolved by mutual agreements.

Data Collection: Two authors collected the required information independently from the selected articles.

Risk of Bias: The methodology of selected studies was evaluated using the seven item quality assessment tool for bruxism studies (Qu-ATEBS)

Summary Measures: Frequency of SB in patients with SDB diagnosed at PSG was evaluated.

RESULTS

Flow Diagram

Study Selection: We found 333 abstracts. And selected 16 articles for full-text reading. Only one study met the inclusion criteria and was selected for qualitative/quantitative analysis.

Study characteristics: Summary of the characteristics can be found in the table.

Risk of Bias: The reported methodologically quality of the reported study was high.

Synthesis of Results: Difference between the groups was analyzed by students t-test at the 5% level of significance. Standard deviation was used as an index of variability.

CONCLUSIONS
There is not enough evidence to either confirm or discredit the association between SB and SDB.

REFERENCES

