

P-1066 - EVALUATION OF EFFICACY AND SAFETY OF AN OCCLUSAL SPLINT VS. GABAPENTIN IN THE TREATMENT OF SLEEP BRUXISM

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Introduction : The objective of this study was to compare the efficacy and safety of an occlusal splint vs. Gabapentin in the treatment of this problem.

Materials and methods: Twenty subjects with sleep bruxism were divided into occlusal splints and gabapentin treatment groups. Sleep laboratory recordings by polysomnography were made before and 2 months after the interventions to assess the effectiveness of each treatment and in 4 subjects of each group on the third night after two weeks of wash-out, to evaluate the stability of treatment results. Data analysis was done by Harmonie 6.0 software. For statistical analysis, Willcoxon test was used.

Results: Greater reduction in these parameters were found in Gabapentin group.

Occlusal splint was effective in reduction of masseter muscle activity (EMG).

Moreover, the subjects treated with Gabapentin showed a significant improvement in the total sleep time and sleep efficiency.

Conclusion: Gabapentin showed more improvement in duration of bruxism, whereas occlusal splint showed more reduction of masseter muscle contractions during sleep bruxism so Gabapentin can be an effective treatment modality in sleep bruxism especially in those with poor sleep quality.