

NIGHTGUARD FIT & SYMPTOM TRACKER

Use this tracker for seven nights and bring it - along with your nightguard - to your dentist. This tool records observations; it cannot diagnose teeth grinding or the cause of pain.

Name: _____

Week beginning: _____

Guard type: ☐ Custom ☐ Boil-and-bite ☐ Stock Worn on: ☐ Upper teeth ☐ Lower teeth

1. Seven-Night Record

Rate soreness, headache, and sensitivity from 0 (none) to 3 (strong). For fit, mark Good, Loose, Tight, or Painful.

Night	Hours worn	Jaw soreness 0-3	Morning headache 0-3	Tooth sensitivity 0-3	Fit	Bite felt normal within 30 min?	Notes
1					☐ Good ☐ Loose ☐ Tight ☐ Painful	☐ Yes ☐ No	
2					☐ Good ☐ Loose ☐ Tight ☐ Painful	☐ Yes ☐ No	
3					☐ Good ☐ Loose ☐ Tight ☐ Painful	☐ Yes ☐ No	
4					☐ Good ☐ Loose ☐ Tight ☐ Painful	☐ Yes ☐ No	
5					☐ Good ☐ Loose ☐ Tight ☐ Painful	☐ Yes ☐ No	
6					☐ Good ☐ Loose ☐ Tight ☐ Painful	☐ Yes ☐ No	
7					☐ Good ☐ Loose ☐ Tight ☐ Painful	☐ Yes ☐ No	

2. Nightguard Care Check

☐ Rinsed with cool or lukewarm water after use ☐ Cleaned as directed
☐ Allowed to dry as directed ☐ Stored in a ventilated case ☐ Case cleaned

3. End-of-Week Notes

The symptom I noticed most often: _____
What seemed better: _____
What seemed worse: _____

NIGHTGUARD FIT & DENTAL VISIT NOTES

Complete this page before your appointment. Do not force a guard that suddenly no longer fits.

1. My Teeth and Dental Work

- ☐ Large fillings ☐ Crowns ☐ Bridge ☐ Implant(s) ☐ Veneers
- ☐ Removable partial denture ☐ Complete denture ☐ Missing teeth
- ☐ Gum disease or bone loss ☐ Gum recession or exposed roots ☐ Loose tooth
- ☐ Recent filling, crown, implant, extraction, or other treatment

Details and dates: _____

2. Fit and Condition Check

- ☐ Rocks or moves ☐ Falls out ☐ Pinches the gums
- ☐ Creates sharp pressure on one tooth ☐ Makes a tooth feel loose
- ☐ Causes new or worsening pain ☐ Has cracks, holes, rough edges, or distortion
- ☐ Bite feels persistently different after removal ☐ Suddenly no longer fits

Where and what I notice: _____

3. Questions for My Dentist

- ☐ Do you see signs that I grind or clench?
- ☐ Is the guard fitting and contacting my teeth correctly?
- ☐ Is a custom guard advisable for my dental work and bite?
- ☐ Should I wear an upper or lower guard?
- ☐ Which material would suit my grinding pattern?
- ☐ Could a medication, sleep problem, or another condition be contributing?
- ☐ How should I clean the guard, and when should it be replaced?

Other: _____

When to Stop and Call

Stop using the guard and arrange a dental evaluation if it causes significant new pain, makes a tooth feel loose, persistently changes your bite, or suddenly no longer fits. Contact a dentist promptly for a newly loose, cracked, or broken tooth; significant or worsening tooth pain; swelling; or recurring damage to crowns or fillings. Mention loud snoring, breathing pauses, gasping, or marked daytime sleepiness to a healthcare professional because a grinding guard is not a treatment for sleep apnea.

Bring this tracker and the nightguard to your appointment so the dentist can examine both the appliance and your teeth.