

Study evaluates insomnia in patients with temporomandibular disorders

Insomnia was found to be associated with higher central sensitization symptoms in patients who have painful temporomandibular disorders, with higher Central Sensitization Inventory scores linked to shorter total sleep time and poor sleep efficiency, according to a study in [The Journal of the American Dental Association](#). Researchers note use of Central Sensitization Inventory in practice can provide a holistic assessment of patients with TMD.

Full Story: [PracticeUpdate](#) (5/17)

