

Onabotulinum toxin-A can safely improve sleep bruxism

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Allergan Pharmaceuticals funded the study.



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(HealthDay)—Onabotulinum toxin-A (BoNT-A) injections can improve sleep bruxism, according to a study published online Jan. 17 in *Neurology*.

William G. Ondo, M.D., from the Methodist Neurological Institute in Houston, and colleagues recruited 31 patients aged 18 to 85 years with clinically diagnosed sleep bruxism confirmed by polysomnography. Twenty-three patients were randomized to either BoNT-A injection (13 patients) or placebo (10 [patients](#); nine completed the study). Participants were assessed at four to eight weeks after the initial treatment visit.

The researchers found that clinical global impression (P

"BoNT-A effectively and safely improved sleep [bruxism](#) in this placebo-controlled pilot trial," the authors write. "A large multicenter trial is needed to confirm these encouraging data."

Two authors disclosed financial ties to Allergan;

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