The Nighttime Unclench Routine

3 minutes before bed to break the grinding cycle

Most jaw clenching happens on autopilot while you sleep. Right before your head hits the pillow, three minutes is enough time to down-regulate your nervous system and let your masseter muscles fully soften. That small window is where the nighttime grinding cycle actually breaks.

By Dr. Inez Gonzalez PT, DPT, CLT

What's inside: A simple 3-step wind-down you can do in bed, tonight, with nothing but your own hands.

THE ROUTINE

The 3-Step Nighttime Wind-Down

60 seconds each. Do them in order, right before you turn off the light.

01 The Temple & Cheek Softener

60 SECONDS

Rest your fingertips on your temples and cheekbones. Move them in small, gentle circles. This tells the muscles in your jaw that it's safe to let go before you fall asleep.

02 The Tongue-Drop Breath

60 SECONDS

Rest the tip of your tongue lightly on the roof of your mouth. Let your lower jaw drop just slightly, like it has nowhere to hold tension. Take four slow, deep breaths in through your nose.

03 The Collarbone Drain

60 SECONDS

Lightly stroke down the sides of your neck toward your collarbone. This eases drainage and softens the neck tightness that so often travels straight up into a clenched jaw.

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YOU MADE IT THROUGH NIGHT ONE

What's next

This nighttime routine handles the three minutes before sleep. The Daily Unclench is a full 10-minute daytime reset to keep your jaw relaxed through the whole day, not just at night.

Get The Daily Unclench

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