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The invention relates to medicine, in particular to dentistry, neurology and reflexotherapy, and can be used to reduce the severity of nocturnal episodes of bruxism.

Summary of the invention consists in that it is carried out 3...6 cycles of repeated maximal clenchings of jaws for 3 min, with each clenching of 5 s, followed by a pause of 5 s, between the cycles are relaxed the masticatory musculature and for 1...2 min one can breathe quietly with the eyes closed and the mouth half open, at the same time during the clenching of jaws the lobes of both ears are pressed by means of clips made of silicone with protuberances on the inner surface and are tracted in the lower and lower-rear direction.

Claims: 1

Fig.: 3