

# My Jaw Clicks and My Teeth Hurt When I Wake Up - What's Wrong?

Canonical: <https://directory.smilesolutions.com.au/dental-sleep-health/tmd-bruxism-sleep-disordered-breathing-treatment/my-jaw-clicks-and-my-teeth-hurt-when-i-wake-up-what-s-wrong/>

## **Description:**

You wake up and your jaw feels tight. There's a dull ache behind your back teeth. When you open wide, there's a click or a pop in your jaw joint. By mid-afternoon, you have a headache that starts at y...