6. The method according to any of the preceding claims, wherein $T_{end} \leq T_{clench/grind} < T_{wait} < T_{back} < T_{silence}$.

7. The method according to any of the preceding claims, wherein $T_{end}$ = 0.125 s, $T_{clench/grind}$ = 0.25 s, $T_{back}$ = 2.5 s, $T_{silence}$ = 5 s and $T_{wait}$ = 1 s.

8. The method according to any of the preceding claims, wherein $T_{end}$ is between 0.4 and 0.6 times $T_{clench/grind}$.

9. The method according to any of the preceding claims, wherein $T_{back}$ is between 0.4 and 0.6 times $T_{silence}$.

10. The method according to any of the preceding claims, wherein $T_{clench/grind}$ is between 0.05 and 0.15 times $T_{back}$.

11. The method according to any of the preceding claims, wherein $T_{wait}$ is less than $T_{back}$ and less than $T_{silence}$, such as between 0.15 and 0.25 times $T_{silence}$.

12. The method according to any of the preceding claims, wherein the threshold level is greater than and proportional to the background level.

13. The method according to any of the preceding claims, wherein the automatic detection is a real-time process carried out on a stream of data continuously received.

14. A device for monitoring facial activity related to teeth clenching and/or teeth grinding of a subject comprising:
    - a measuring unit for providing signals indicative of said facial activity, and
    - a processing unit for processing said signals in order to detect said teeth clenching and/or teeth grinding, wherein the processing unit is configured to automatically determine a threshold level according to any of the preceding claims 1 to 13.

15. The device according to claim 14, wherein the signals indicative of said facial activity represents the level of biting force vs. time of the subject and wherein the processing unit is configured to perform the method of any of the preceding claims 1 to 13 and wherein an event of teeth clenching and/or teeth grinding is an event of