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Appendix B. Most common exploding head syndrome prevention techniques, most common sub-themes, and perceived effectiveness (for the second and third responses)

Technique used	Examples	<i>n</i> (%) ^a	Perceived effectiveness ^b M (SD)
2 nd response <i>n</i> = 117			
Adjusting sleep patterns/tiredness		18 (15.4)	64.78 (32.05)
Sleep regularly	“Get up at a regular time”	3 (16.7)	46.67 (35.12)
Go to bed early	“Go to bed earlier”	3 (16.7)	60 (26.46)
Staying awake	“Stay up until I am extremely tired”	3 (16.7)	51.67 (43.11)
Avoid being overtired/sleep deprived	“Try not to get overtired during the day”	3 (16.7)	65.67 (48.52)
Using/refraining from substances		18^g (15.4)	48.50 (31.43)
Use/increase medication	“Gabapentin”	10 (58.8)	44.50 (31.31)
Use/increase alcohol	“Drink alcohol”	2 (11.8)	61.50 (40.305)
Use/increase other aids/remedies	“Take Valerian root”	2 (11.8)	77.50 (3.54)
Mindfulness/breathing techniques		18^f (15.4)	35.00 (30.77)^d
Relaxation/breathing	“Relaxation techniques”	6 (37.5)	31.67 (20.41)

Meditation/mindfulness	“Meditation before sleep”	5 (31.2)	54 (27.02)
3 rd response $n = 55^h$			
Using/refraining from substances		8 (14.5)	28.57 (35.79)^c
	“Drink less alcohol”		
	“Alcohol/sleeping tablets”		
Mindfulness/breathing techniques		7 (12.7)	52.86 (31.60)
	“Mindfulness”		
	“Deep breathing”		
Dietary behaviors		6 (10.9)	36.67 (38.30)
	“Herbal teas”		
	“Drink water”		
Lifestyle		6 (10.9)	47.50 (37.115)
	“Exercise more”		
	“I left the job that was causing me stress”		

Note. This table presents the most common three prevention strategies per response in which $n > 5$ (to avoid emphasizing multiple categories endorsed by very few). Prevention strategies in response 4 had $n \leq 4$ and are therefore not reported. Prevention strategies are presented by order of frequency of response in bold followed by the two most common sub-themes where applicable. For example, in the second response, one sub-theme of the prevention technique “adjusting sleep patterns/tiredness” was “sleep regularly”.

^a Refers to % out of subsample per response (in rows in bold) or to % out of subsample per sub-theme.

^b Assessed as perceived % of time the technique works

^c One case was missing

^d Two cases were missing

^e In the sub-theme analysis, two cases that were coded as reflecting multiple prevention strategies were removed.

^f In the sub-theme analysis, four cases that were coded as reflecting multiple prevention strategies were removed.

^g In the sub-theme analysis, one case that was coded as reflecting multiple prevention strategies was removed.

^h Prevention strategies in this response had $n < 10$ and therefore were not included in the sub-theme analysis.