

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> (%) <sup>a</sup>	Perceived effectiveness <sup>b</sup> M (SD)
2 <sup>nd</sup> response <i>n</i> = 117			
<b>Adjusting sleep patterns/tiredness</b>		<b>18 (15.4)</b>	<b>64.78 (32.05)</b>
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)
<b>Using/refraining from substances</b>		<b>18<sup>g</sup> (15.4)</b>	<b>48.50 (31.43)</b>
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)
<b>Mindfulness/breathing techniques</b>		<b>18<sup>f</sup> (15.4)</b>	<b>35.00 (30.77)<sup>d</sup></b>
Relaxation/breathing	“Relaxation techniques”	6 (37.5)	31.67 (20.41)

Meditation/mindfulness	“Meditation before sleep”	5 (31.2)	54 (27.02)
3 <sup>rd</sup> response $n = 55^h$			
<b>Using/refraining from substances</b>		<b>8 (14.5)</b>	<b>28.57 (35.79)<sup>c</sup></b>
	“Drink less alcohol”		
	“Alcohol/sleeping tablets”		
<b>Mindfulness/breathing techniques</b>		<b>7 (12.7)</b>	<b>52.86 (31.60)</b>
	“Mindfulness”		
	“Deep breathing”		
<b>Dietary behaviors</b>		<b>6 (10.9)</b>	<b>36.67 (38.30)</b>
	“Herbal teas”		
	“Drink water”		
<b>Lifestyle</b>		<b>6 (10.9)</b>	<b>47.50 (37.115)</b>
	“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”.

<sup>a</sup> Refers to % out of subsample per response (in rows in bold) or to % out of subsample per sub-theme.

<sup>b</sup> Assessed as perceived % of time the technique works

<sup>c</sup> One case was missing

<sup>d</sup> Two cases were missing

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

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

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

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