

Table 1 Most common EHS prevention strategies and their perceived effectiveness

Strategy used	Examples	<i>n</i> (%) ^a	Perceived effectiveness ^b M (SD)
1 st response <i>n</i> = 218			
Using/Refraining from substances		37 (17)	71.4 (32.1)
Use or increased use of medication	“Ambien”	12 (32.4)	70 (30.5)
Use or increased use of alcohol	“Drink alcohol before sleeping”	7 (18.9)	81.4 (25.5)
Changing sleep position		33^d (15.1)	71.375 (36.2)^c
Avoid sleeping on one’s back	“Do not lie on back”	9 (29)	79.9 (33.7) ^c
Sleep on one’s (unspecified) side	“Go to sleep on my side”	6 (19.4)	64.2 (49.8)
Adjusting sleep patterns/ Reducing tiredness		31^e (14.2)	67.8 (30.8)
Go to bed earlier	“Earlier bedtime”	8 (29.6)	50 (31.3)
Increase sleep/maintain optimal sleep	“Get enough sleep”	5 (18.6)	52 (34.9)
Mindfulness/breathing techniques		27^f (12.4)	58.7 (28.0)
Relaxation/breathing techniques	“Use relaxation techniques”	15 (55.6)	48.9 (25.2)
Meditation/mindfulness techniques	“Mindfulness”	8 (29.6)	63.0 (30.6)
Wake up/Rouse one’s self		14 (6.4)	61.46 (29.6)^c
Stay awake	“Try to stay awake”	8 (57.1)	40.00 (21.6) ^c

Get up/become active	“Get up for a bit if it happens, then go back to bed”	3 (21.4)	91.7 (7.6)
Wake up	“I try to consciously wake myself up”	3 (21.4)	81.3 (15.5)
Adjusting sleep environment		13 (6.0)	40.4 (32.0)
Comfort/pillows/covers	“Change number of pillows”	3 (23.1)	40.0 (34.6)

Notes. EHS = exploding head syndrome. This table presents the most common six prevention strategies in response 1. Less common prevention strategies had $n < 9$ and are not reported here. Prevention strategies are presented by order of frequency of response in bold followed by the two most common sub-themes (for which $n > 2$). For example, one sub-theme of the prevention strategy “changing sleep position” was “avoidance of sleeping on one’s back”

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

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

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