

Exploding Head Syndrome: Clinical Features and Treatment

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DESCRIPTION

Exploding Head Syndrome (EHS) is a relatively rare and often misunderstood condition that affects a small percentage of the population. Despite its alarming name, EHS is not a dangerous or life-threatening condition. However, it can cause significant distress and anxiety for those who experience it. EHS is a type of sleep disorder that is characterized by sudden and loud noises or sensations that occur in the head or ears during sleep. These noises can be described as a loud bang, a gunshot, a thunderclap, or even an explosion. Some people also report feeling a sensation of electric shock or a jolt. Although the exact cause of EHS is not fully understood, it is believed to be related to changes in the brain's electrical activity during the transition from wakefulness to sleep. EHS can occur during any stage of sleep, but it is most common during the early stages of sleep or during the period of transition between wakefulness and sleep. One of the most challenging aspects of EHS is that it can be difficult to diagnose. Many people who experience EHS are unaware that they have the condition, as the noises or sensations occur during sleep and may not be remembered upon waking. Others may be reluctant to discuss their symptoms with a healthcare provider due to embarrassment or fear of being perceived as mentally ill. The exact prevalence of EHS is unknown, but it is believed to affect a small percentage of the population. Research suggests that EHS is more common in women than men and that it tends to occur more frequently in middle-aged individuals. Despite its relatively low prevalence, EHS can have a significant impact on an individual's quality of life. People who experience EHS may feel anxious or afraid to go

to sleep, which can lead to sleep deprivation and daytime fatigue. They may also experience headaches, tinnitus, and other symptoms related to sleep disruption. Fortunately, there are several treatment options available for EHS. One of the most effective treatments is improving sleep hygiene. This includes creating a consistent sleep schedule, avoiding stimulants like caffeine before bedtime, and creating a relaxing sleep environment. In some cases, medications like antidepressants or anti-anxiety medications may be prescribed to help alleviate symptoms. In addition to medical treatments; there are several self-help strategies that can be effective for managing EHS. These include stress reduction techniques like meditation or yoga, cognitive-behavioral therapy, and relaxation techniques like deep breathing or progressive muscle relaxation. It is important to note that EHS is not a sign of mental illness or psychosis. People who experience EHS are not "crazy" or "losing their minds." It is simply a sleep disorder that can be effectively managed with the right treatment approach.

CONCLUSION

Exploding Head Syndrome is a relatively rare and often misunderstood sleep disorder that can cause significant distress and anxiety for those who experience it. However, with the right treatment approach, most people can effectively manage their symptoms and improve their quality of life. If you or someone you know is experiencing symptoms of EHS, it is important to discuss them with a healthcare provider to determine the best course of treatment.

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Received: 23-Jan-2023, Manuscript No. JSDT-23-22610; **Editor assigned:** 25-Jan-2023, PreQC No. JSDT-23-22610 (PQ); **Reviewed:** 08-Feb-2023, QC No. JSDT-23-22610; **Revised:** 15-Feb-2023, Manuscript No. JSDT-23-22610 (R); **Published:** 22-Feb-2023, DOI: 10.35248/2167-0277.23.12.409

Citation: Purnachandarao P (2023) Exploding Head Syndrome: Clinical Features and Treatment. J Sleep Disord Ther. 12:409.

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