《新式现代病“爆炸头综合症”》

??????“????”??“??????”(exploding head syndrome)???????

"There's this sudden crescendo of noise, then a profound and jarring explosion of sound, electrical fizzing and a bright flash in my vision, like someone has lit a spotlight in front of my face."

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That's how Niels Nielsen describes what it's like to live with "exploding head syndrome" – an unpleasant and sometimes terrifying sensation. Others describe it as like a bomb going off next to their head as they fall asleep. Sometimes it occurs just once in a lifetime, for others it happens multiple times a night.

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The physician Silas Weir Mitchell first described the disorder in 1876, when he described two men who suffered from what he called "sensory discharges" – the men themselves described it as hearing "loud bells" or a "gunshot" that would wake them from sleep.

1876?????????·??·????????????????????????????“????”???——???????“?????”?“??”????

Theories about the cause of an exploding head are speculative, says Brian Sharpless, assistant professor of psychology at Washington State University. Several ideas have been proposed, including ear disorders and partial epileptic seizures. But the most compelling theory comes from a handful of studies in which people with the condition have had their brain activity monitored overnight. These studies suggest that there may be a burst of neural activity in the brain that coincides with the reported explosion.

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While there is no cure-all treatment, antidepressants reduce occurrence, as do relaxation and stress-busting techniques. "You can help a lot just by reassuring a person that they're not crazy or experiencing symptoms of a tumour or some other brain disorder," says Sharpless.

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