

Research Article

Predictive Factors and Characteristics of Sleep Paralysis Episodes among University Students in Jordan: A Cross-sectional Study

Supplementary File

Table S1. Sleep hygiene index among patients with sleep paralysis

Question	0 (Never) (%)	1 (Rarely) (%)	2 (Sometimes) (%)	3 (Often) (%)	4 (Always) (%)
Taking a nap during the day for 2 h or more?	111 (24.4)	140 (30.8)	119 (26.2)	66 (14.5)	19 (4.2)
Go to bed at different times from day to day?	59 (13)	87 (19.1)	161 (35.4)	97 (21.3)	51 (11.2)
Wake up at different times from day to day	49 (10.8)	105 (23.1)	158 (34.7)	98 (21.5)	45 (9.9)
Exercising 1 h before going to bed	307 (67.5)	91 (20)	43 (9.5)	12 (2.6)	2 (0.4)
I stay asleep in bed after waking up longer than I should (2 or more times a week)	79 (17.4)	108 (23.7)	145 (31.9)	88 (19.3)	35 (7.7)
I drink coffee, tea, or smoke tobacco for 4 h before going to bed	167 (36.7)	80 (17.6)	103 (22.6)	67 (14.7)	38 (8.4)
I engage in an activity that might keep me awake before going to bed (such as playing video games or browsing social media sites)	51 (11.2)	71 (15.6)	152 (33.4)	97 (21.3)	84 (18.5)
I go to sleep feeling angry or stressed	75 (16.5)	126 (27.7)	157 (34.5)	71 (15.6)	26 (5.7)
Use the bed for things other than sleeping and sexual intercourse (such as watching TV or eating food)	129 (28.4)	66 (14.5)	106 (23.3)	93 (20.4)	61 (13.4)
The bed you are sleeping on is not comfortable for sleeping	218 (47.9)	125 (27.5)	71 (15.6)	30 (6.6)	11 (2.4)
The room I sleep in is uncomfortable	241 (53)	122 (26.8)	69 (15.2)	16 (3.5)	7 (1.5)
I do important work before bed, such as paying bills and studying	127 (27.9)	106 (23.3)	117 (25.7)	73 (16)	32 (7)
I am thinking, planning, or worrying when I am in bed	56 (12.3)	87 (19.1)	134 (29.5)	101 (22.2)	77 (16.9)

Notes: Data presented as *n* (%). The total of those with good sleep hygiene habits (sleep hygiene index [SHI] <26) is 353 (77.6%), with average scores (SHI: 27–34) is 79 (17.4%), and with poor sleep hygiene habits (SHI: 35 and above) is 23 (5.1%).

Table S2. Participants' perspective on sleep paralysis episodes

Question	Percentage
After the first experience, how do you explain what happened to you?	
I have no idea	20.9
It was associated with alcohol and drugs	-
It was sexual abuse	2.2
It was physical abuse	7.7
It was a mental disorder	49.5
It was a physical disorder	46.4
It was a ghost or something spiritual	36.5
It was an alien kidnapping	2.6
It was a dream	42.6
I do not think about it at all	13
How do you explain this experience today?	
I have no idea	21.1
It was associated with alcohol and drugs	-
It was sexual abuse	2.4
It was physical abuse	5.9
It was a mental disorder	13.4
It was a physical disorder	18
It was a ghost or something spiritual	24.8
It was an alien kidnapping	1.3
It was a dream	34.9
I do not think about it at all	11.4