

## Methodology

### EXPERT TASK FORCE

The AASM Board of Directors commissioned the authors of the 2010 Best Practice Guide for the Treatment of Nightmare Disorder in Adults to conduct a review of the recent literature and develop an updated position paper. These content experts were required to disclose all potential conflicts of interest (COI) according to the AASM's COI policy prior to being appointed to the TF.

### CLINICAL QUESTIONS

The task force used the clinical questions from the 2010 Best Practice Guide to inform the literature search. The questions are listed in Table S1.

Table S1 – Clinical Questions

Do patients with nightmares demonstrate clinical response to noradrenergic blocking medications compared to natural history or other medications?
Are there other medications to which patients with nightmare disorder demonstrate clinical response compared with natural history or other medications?
Do patients with nightmare disorder demonstrate clinical response to cognitive behavioral therapies and, if so, which are the most effective?

### LITERATURE SEARCH

Literature searches were performed by the AASM research staff using the PubMed database for individual questions using a combination of MeSH terms and keywords listed in Table S2. The limits of the search were: human subjects, English language, and adult. The database was searched from March 2009 to July 2016. An updated literature search was performed in February 2018. A total of 141 citations were identified from the PubMed search.

Articles were included for review and possible data extraction if the sample size of the study was a minimum of 5 subjects, age  $\geq 19$  years of age, the comparison group was either natural history or other medications, and the outcome measures included an evaluation of nightmares. Articles were excluded if they did not specifically identify nightmares as an evaluable outcome, did not address a clinical question, or were of the wrong publication type (i.e., editorial, comment, study protocol, systematic review, meta-analysis). A total of 23 articles were accepted. The task force reviewed the included literature and determined the positions by expert consensus.

Table S2 – Literature Search Terms

("dreams"[MeSH Terms] OR "dreams"[All Fields] OR "nightmare"[All Fields]) AND ((Clinical Trial[ptyp] OR Comparative Study[ptyp] OR Controlled Clinical Trial[ptyp] OR Multicenter Study[ptyp] OR Observational Study[ptyp] OR Randomized Controlled Trial[ptyp] OR Validation Studies[ptyp]) AND ("2009/03/01"[PDAT]: "2017/02/08"[PDAT]) AND "humans"[MeSH Terms] AND English[lang] AND ("aged"[MeSH Terms] OR "adult"[MeSH Terms: noexp] OR "adult"[MeSH Terms]))
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