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### January/February 2026

Hello patients, colleagues and friends! Happy New Year to all of you. Thank you for opening our newsletter. The harsh weather and the disturbing events in the news can certainly worsen feelings of social isolation and powerlessness in the face of mental health struggles. Please take care to maintain your wellness practices as the weather keeps us indoors. Joining a new club, starting a new activity or participating in local organizing efforts can also be an antidote! Hopefully you are all finding ways to feel grounded and loved in your own communities.

[Read more here](#)

## Mount Hood Mt. Hood National Forest, OR



### Ketamine for Exploding Head Syndrome

While Exploding Head Syndrome (EHS) sounds made-up, or like something that might happen in a cartoon, it's actually a very frustrating sleep disorder. People who struggle with EHS will hear loud noises while sleeping, noises have been compared to gunshots, car horns, slamming doors, and crashing waves among others. The sounds are not heard by anyone else, but can even wake the person from sleep.

Because the source of the disorder has not been well determined, finding a successful treatment has been difficult.

A recently published case study from Colorado details one patient's journey looking for relief from "thunderous sounds" that woke him up several times a week. After trying five different prescribed medications that provided no relief, his neurologist finally recommended a trial of low-dose sublingual ketamine prior to sleep. The symptoms gradually reduced in frequency and severity over six months and then they went away completely. Although it is unclear exactly how the ketamine was able to extinguish the noises, the study gives hope that there's now an effective treatment for EHS.

[Read more here](#)

### Ketamine and Chronic Pain

While ketamine's effectiveness in the treatment of depression and PTSD has become widely accepted science, the research showing that it is effective for the treatment of chronic pain has not been as definitive. As more research is conducted and treatment protocols have been further refined, a more convincing picture of ketamine as a chronic pain treatment is beginning to emerge. A recent Cleveland Clinic study showed that nearly half of the participants achieved significant relief from their pain after an induction series of 6 IV ketamine treatments. This is promising, because those dealing with chronic pain are often forced into a daily regimen of medications that can limit their mobility or leave them feeling "doped up." Finding the appropriate treatment protocols to provide sustained relief after just 6 infusions would go a long way toward improving their quality of life.

While we're not ready to advertise ourselves as treating chronic pain at Mindstream Medicine, we will continue to monitor the news and research.



## Ketamine in the News:

### Uncovered Memories After Treatment:

Here is a short but interesting radio segment from WBUR Boston about a woman who struggled to find a clinic that met her needs and who eventually uncovered forgotten memories of childhood abuse after a ketamine treatment. This is not something that happens very commonly, but it is a legitimate phenomenon in psychedelic medicine. Just one of the reasons why it is so important to have the appropriate social and psychological support before beginning ketamine therapy. We also need to be cautious what we perceive as "hidden memories," as researchers have shown that such memories may not be reliable, or may have been distorted over time and cannot be verified.

## Announcements:

We will be closed for President's Day, February 16th. Please reach out if you would like to schedule a booster. Stay safe in the snow!

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