Study on Release Sleep Disturbance with Vibroacoustic Therapy
Jing Kong; Wei Liu; Biao Han

21 12(2006/12)
107-1109

Objective: To discuss the effect of vibroacoustic therapy in treating sleep disturbance.

Method: One hundred and sixty four patients were evaluated asleep disturbance with PSQI, and their physical and mental states were assessed by SCL-90. After these assessments, they were divided into two groups: the treatment group got the vibroacoustic therapy after the sleep healthy education and the control group self-regulation. They got assessment for their sleep quality, and physical and mental state after treatment. Result: ①After treatment, there were significant difference between the two groups in score of PSQI and sleep disturbance factors (P<0.05); In treatment group, the score of sleep quality and daytime function disturbance were significant lower than the control group (P<0.01). Both groups had no statistical differences in time of falling asleep, time of sleep, effect of sleep and the factor of taking sleeping pills. ②Compared with the scores of SCL-90 in these two groups, there have significant difference in the factors of somatization, compulsion, depression, anxiety, hostility and prejudice (P<0.05), but have no conspicuous variation in the factors of interpersonal relation, phonophobia and psychosis.

Conclusion: The vibroacoustic therapy has identified therapeutic effect in improve sleep state and physical and mental symptoms.

CEPS
© 2003-2006 All Rights Reserved : 2007/02/04

Source:

----------