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Study on Release Sleep Disturbance with Vibroacoustic Therapy

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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.

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