

## 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 assleep 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 have identified therapeutic effect in improve sleep state and physical and mental symptoms.

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