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 as sleep 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: ① After 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. ② Compared 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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