



Sleep Disorders

Results of this double-blind, placebo-controlled study indicated that low-energy emission therapy significantly improved sleeping patterns among patients suffering from chronic psychophysiological insomnia. Therapy was administered 3 times per week, always in late afternoon and for 20 minutes, over a period of 4 weeks. **(1)**

This double-blind, placebo-controlled study examined the effects of low-energy emission therapy (27 MHz amplitude-modulated electromagnetic fields) in patients suffering from insomnia. Treatment consisted of 3 exposures per week over a 4-week period. Results showed significant increases in total sleep time among patients in the treatment group relative to controls. **(2)**

This review article notes that studies have found low-energy emission therapy to be effective in the treatment of chronic insomnia, and suggests that it may also be of value for patients suffering from generalized anxiety disorders. **(3)**

Citations:

(1) R. Hajdukovic, Effects of Low Energy Emission Therapy (LEET) on Sleep Structure, First World Congress for Electricity and Magnetism in Biology and Medicine, 14-19 June 1992, Lake Buena Vista, FL, p. 92.

(2) M. Erman, Low-Energy Emission Therapy (LEET) Treatment for somnia," Bioelectromagnetics Society, 13th Annual Meeting, 23-27 June 1991, Salt Lake City, UT, p. 69.

(3) C. Guilleminault B. Pasche, Clinical Effects of Low Energy Emission Therapy, Bioelectromagnetics Society, 15th Annual Meeting, 13-17 June 1993, Los Angeles, CA, p. 84.

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