

用什麼方法去幫助睡眠?

- 本地電話調查 (Yeung et al., 2014), 有失眠症狀而且影響到日常生活的人, 過去十二個月用過什麼方法去改善睡眠
- **46%** 什麼也不用
- 中藥 23.0%
- 西藥(醫生處方, 成藥) 20.9%
- 西草藥 6.9%
- 飲酒 8.4%
- 做運動6.1%

常用中藥方

- 酸棗仁湯

Suanzaoren Decoction for the treatment of chronic insomnia: a systematic review and meta-analysis

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Abstract. – OBJECTIVE: Suanzaoren decoction (SZRD) in Traditional Chinese Medicine is a common prescription for chronic insomnia. This study systematically and accurately evaluated the safety and efficacy of SZRD in the treatment of chronic insomnia, thus providing a reference for its clinical application.

MATERIALS AND METHODS: From the establishment of the corresponding database until May 2022, we systematically queried EMBase, PubMed, Cochrane Library, Web of Science, CNKI, VIP, and Wanfang Database. Randomized control trials (RCTs) were included in this study, and the results that qualified for inclusion were screened and cross-checked by two researchers. After the relevant data were extracted, a meta-analysis was performed using RevMan 5.3 software.

Introduction

Insomnia is characterized by difficulty in falling asleep or maintaining a sustained state of sleep at night, which affects social functioning during the day. Insomnia can lead to various other problems, including acute myocardial infarction, stroke, and mental disorders. It can also accelerate the progression of several neurodegenerative diseases¹⁻⁴. Chronic insomnia is a subtype of insomnia, which induces or aggravates the aforementioned underlying diseases. It is clinically defined as insomnia disorder occurring at least three nights a week over a period of more than three months. At least 5-10% of global adults suffer from chronic (or severe) insomnia, and this rate

針灸緩解失眠及焦慮

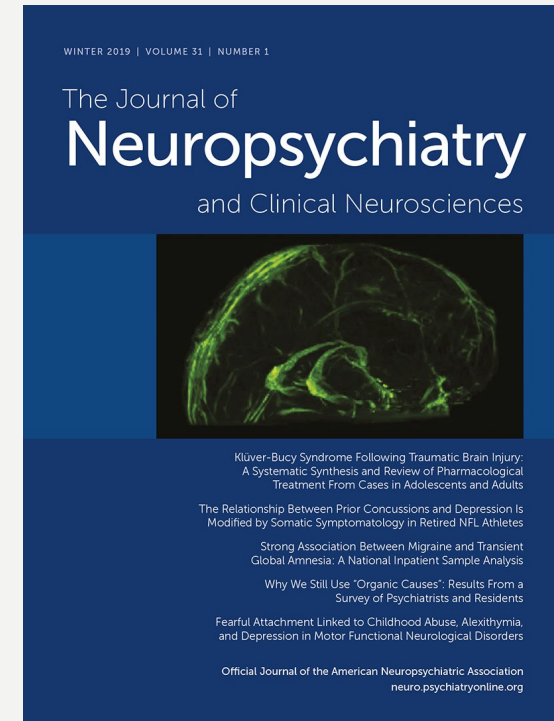
加拿大2004年的一個先導性臨床研究:

- 目的：研究針灸對於改善失眠質量，緩解焦慮，提升褪黑素分泌的療效
- 對象：18位失眠超過兩年及情緒焦慮的人士
- 研究設計：療程為5週，每週2次針灸，每次針灸歷時1小時

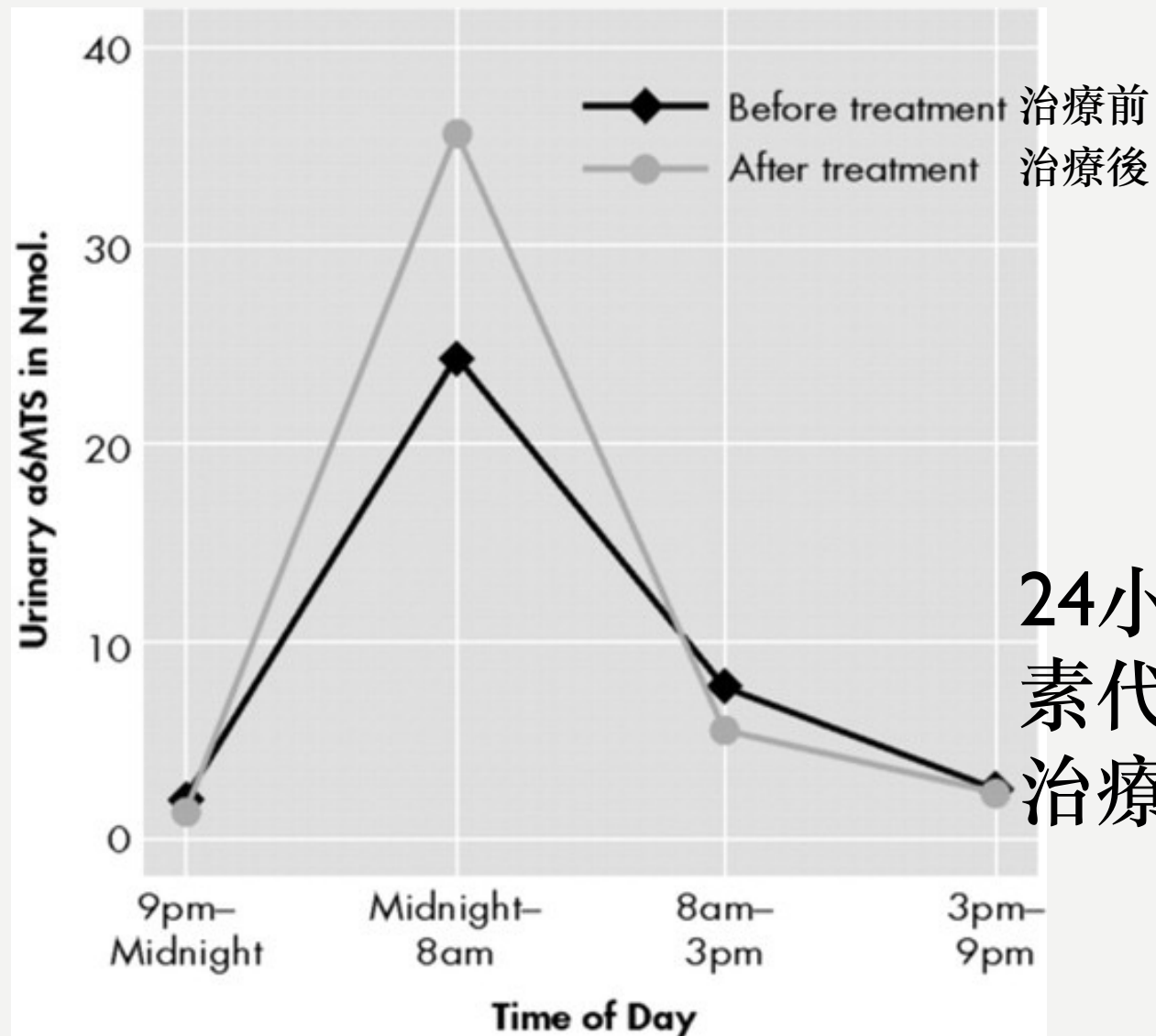
- 褪黑素：是一種調節生物時鐘，幫助入睡的激素

Source: Spence DW., Kayumov L.

Acupuncture Increases Nocturnal Melatonin Secretion and Reduces Insomnia and Anxiety: A Preliminary Report. Journal of Neuropsychiatry. 2004; 16(1):19-28.



尿液的褪黑素
代謝產物濃度



24小時尿液中褪黑素
代謝產物濃度：
治療前後比較

時間

- 意大利2008年的隨機安慰對照研究

Efficacy of wrists overnight compression (HT 7 point) on insomniacs: possible role of melatonin?

M. NORDIO, F. ROMANELLI

Aim. Insomnia is a major problem which decreases life quality. Many causes are involved with it and anxiety is often associated. The underlying mechanism is not completely understood, even though different factors seem to be associated. Among them melatonin and its circadian rhythm is thought to have an important role. In addition, acupressure and acupuncture are known to ameliorate insomnia and anxiety, when a specific wrist point is stimulated (HT 7 Shenmen). With these bases, the aim of the present study has been to evaluate

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insomniacs, at a higher extent than in the placebo group. In addition, the 24 hours urinary melatonin metabolite rhythm, obtained at the end of treatment, was considered as being normal in a higher percentage of H7-treated patients, with respect to the placebo group.

Nordio M, Romanelli F. Efficacy of wrists overnight compression (HT 7 point) on insomniacs: possible role of melatonin? *Minerva Med.* 2008 Dec;99(6):539-47. PMID: 19034253.

【神門】 HT7

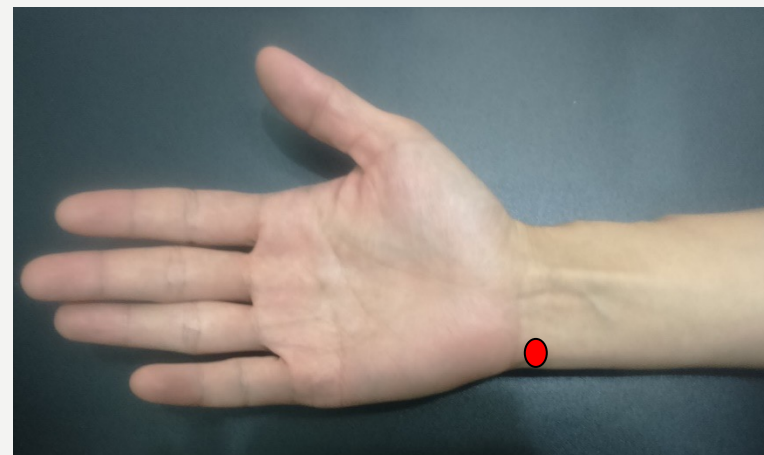
【定位】 腕部腕掌橫紋上，尺側(尾指)腕屈肌腱橈側**凹陷處**

【主治】 安神寧心，心煩健忘、失眠、頭痛、眩暈。

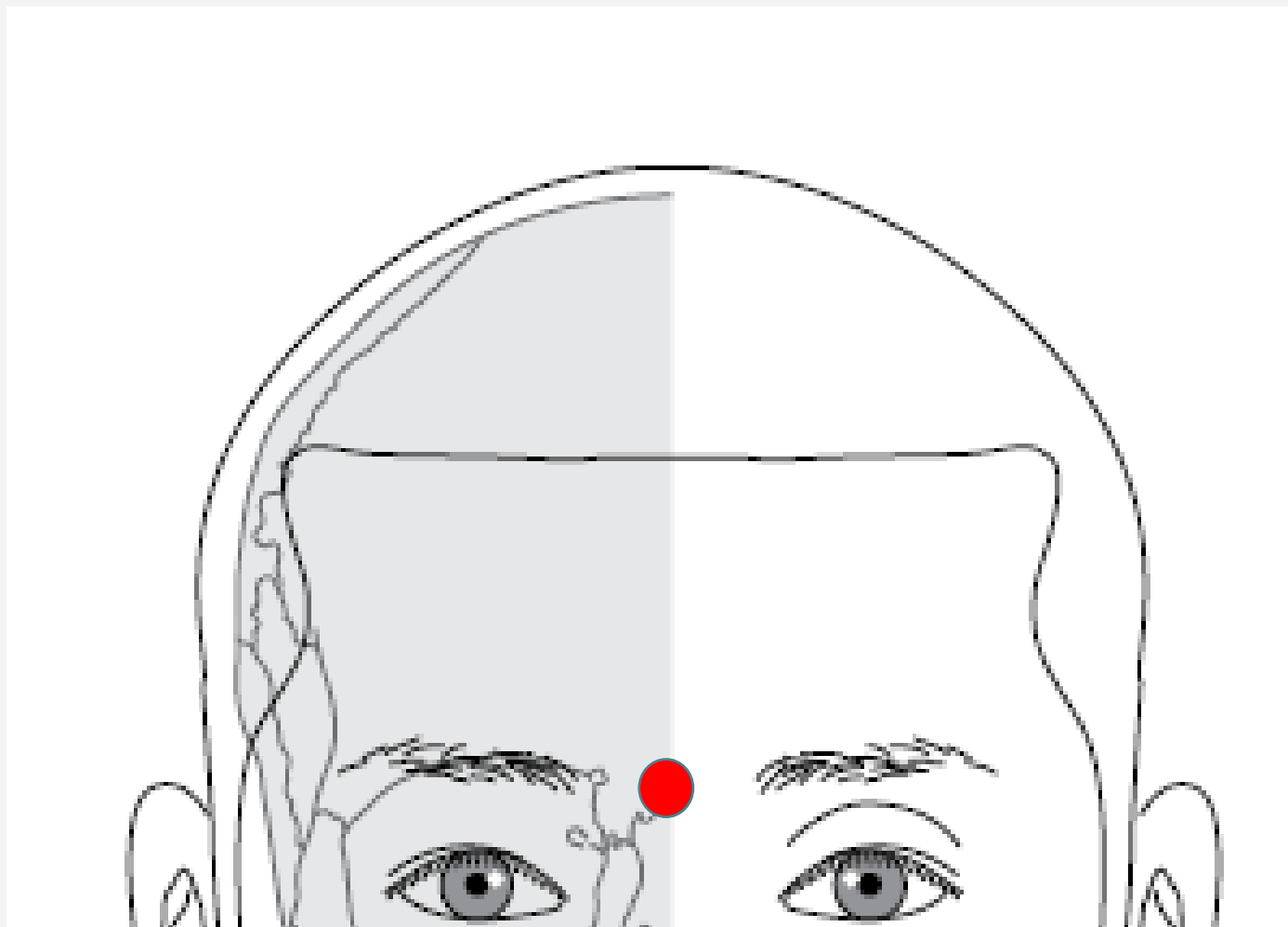
【按摩手法】 拇指/食指**旋轉揉按**60次左右

【按摩頻率】 每分鐘約**60**圈左右

【按摩時間】 左右手每邊**1**分鐘



【印堂】



【按摩頻率】 每分鐘約60次左右

【按摩時間】 1分鐘

自我穴位按摩及精神健康教育 緩解抑鬱研究

- 18-65 歲
- 受抑鬱症狀困擾

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