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THE EFFECT OF AURICULAR ACUPRESSING THERAPY ON POLYSOMNOGRAPHY IN OLDER ADULTS WITH SLEEP DISTURBANCE

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Abstract Content: Study Objectives: To examine the effect of auricular acupressing therapy on older adults with sleep disturbance as determined by polysomnography.

Design: Randomized, single-blind, experimental-controlled, parallel-group.

Setting: Community.

Participants: Twenty-seven older adults with sleep disturbance who reported the Pittsburgh Sleep Quality Index (PSQI) > 5 for at least 3 months were recruited. Participants were screened by Hospital Anxiety and Depression Scale, the Mini-mental state examination and polysomnograph prior to randomization.

Interventions: All eligible participants were randomly allocated into experimental group or control groups. Both groups were taped with magnetic pearls on auricular acupoints for 3 weeks. The experimental group were treated with pressure applied on the magnetic pearls against acupoints 3 times per day while no pressure was applied on control group.

Measurements and Results: Both groups were measured for Polysomnography (PSG) and PSQI at the beginning of the study as the baseline and at 3-week after the intervention. Both groups showed improvements on PSQI scores compared to the baseline. One-way analysis of covariance adjusted for baseline scores showed that significant improvements ($P < 0.05$) of PSG derived sleep parameters, such as sleep efficiency, were founded in the experimental group. However, no significant differences between groups were observed in the proportion and duration of other sleep stages with the exception of stage 2.

Conclusions: Auricular acupressing therapy using magnetic pearls is more effectively improved the sleep quality as compared to auricular therapy without pressing. Further studies with increased number of participants and male subjects are necessary to substantiate the effectiveness of auricular therapy in alleviating sleep disturbance.

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