

Abstract

Aim. To study the efficacy of Integrative Medicine (CBT-I and acupressure) on insomnia, a randomized controlled pilot study was designed to (1) assess the treatment effect of IM in reducing insomnia severity; (2) compare its efficacy with using CBT-I alone and (3) assess if IM has durable effect on insomnia severity reduction.

Method. A pilot randomized parallel-group controlled trial with a 1:1:1 ratio to CBT group (CBT-I), CBT and Acupressure group (Acu-CBT) and waiting-list control (WL) was designed. Assessments of sleep onset latency (SOL) and total sleep time (TST) were conducted at baseline, immediate and 4-week posttreatment.

Result. Data of SOL and TST from 40 participants from CBT-I, Acu-CBT and WL group were collected. Statistical analysis showed significant time effect for SOL at immediate posttreatment and 4-week posttreatment. Follow up analysis showed significant improvement on SOL at both immediate posttreatment and 4-week posttreatment for Acu-CBT group, at immediate posttreatment only for CBT-I group and no significant improvement at any time point for WL group.

Conclusion. This study provides preliminary foundation for further studies on efficacy of integrative medicine on insomnia. Integrative medicine has the potential to maintain SOL reduction longer than using CBT-I alone as insomnia intervention. Further studies on efficacy of integrative medicine may construct a cost effective intervention model for insomnia with high accessibility and general acceptance.