

Abstract

Insomnia is a major public health concern considered its high prevalence and its association with many health problems. Although pharmacological and behavioural treatments have been proven its effective in treating insomnia, multiple barriers prevent patients from receiving treatment. Given that modifying lifestyle simultaneously, such as diet, exercise, stress, and sleep may effectively reduce insomnia symptoms, lifestyle intervention could be an alternative treatment option for treating insomnia. Yet, only limited scientific evidence research for self-help lifestyle intervention in improving insomnia has been developed to date. The aim of this study was to evaluate the effect of a smartphone-based lifestyle intervention in reducing insomnia symptoms in the Hong Kong sample by conducting a two-arm parallel Randomized controlled trial. Participants who met the eligibility were randomly allocated 1:1 into the intervention group (n=18) and the control group (n=18). The intervention consisted of 8-weeks modules and was delivered through a smartphone application called “Lifestyle Hub.” Participants in the intervention group received the intervention between Week 1 and Week 8, while participants in the WL group waited for 8 weeks and received the intervention at Week 9. All eligible participants were required to complete a set of online assessment at Week 0 and Week 9 post-intervention. Participants in the intervention group were also required to complete the online assessments at Week 13 follow-up, whereas participants in the control group were not. The observed result indicated after the intervention, participants in the intervention group had a significant reduction in the insomnia severity compared those in the control group. This result suggested that the smartphone-based self-help lifestyle intervention was effective for alleviating insomnia symptoms.

Keywords: Insomnia, Sleep, Lifestyle medicine, Lifestyle intervention