

临床研究

头穴电针法对原发性失眠患者 睡眠质量影响的临床观察^{*}

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摘要: **目的** 观察头穴电针法在改善原发性失眠患者睡眠质量方面的临床疗效。 **方法** 60 例失眠患者随机分为两组, 治疗组 30 例采用头穴电针法治疗, 穴取印堂、神庭、百会和四神聪为主, 疏波电针治疗; 对照组 30 例采用常规体针治疗, 治疗 2 个疗程, 评价临床疗效, 比较治疗前后两组匹兹堡睡眠质量指数 (PSQI)。 **结果** 治疗组总有效率 86.67%, 对照组总有效率 73.33%, 治疗组优于对照组 ($P < 0.05$); 两组 PSQI 指数治疗前后比较均得到有效改善 ($P < 0.01$), 治疗组改善 PSQI 指数总评分优于对照组 ($P < 0.01$), 其中, 各指数成分比较, 在改善睡眠时间和日间功能方面两组疗效相当 ($P > 0.05$), 在改善睡眠障碍方面治疗组有优势 ($P < 0.05$), 在改善睡眠质量、入睡时间和睡眠效率方面头穴电针优于常规体针组 ($P < 0.01$)。 **结论** 头穴电针法治疗失眠疗效优于对照, 值得临床推广。

关键词: 失眠; 头穴; 电针; 疗效观察

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Clinical Observation on the Effect of Scalp Electroacupuncture on Sleep Quality of Patients with Primary Insomnia

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Abstract Objective: To observe the clinical effect of scalp electroacupuncture in the improvement of the sleep quality of patients with primary insomnia. **Method:** 60 cases of insomnia were randomly divided into two groups. The 30 cases in the treatment group were given scalp electroacupuncture at Yintang, Shenting, Baihui, Sishencong and other points. The 30 cases in the control group were treated with normal acupuncture. After two courses of treatment, clinical effects were evaluated, PSQI in both groups before and after treatment were compared. **Result:** The total effective rate was 86.67% in the treatment group and 73.33% in the control group, the result in the treatment group was better than that in the control group ($P < 0.05$). PSQI indexes in both groups were effectively improved before and after treatment ($P < 0.01$), and the total score of PSQI index in the treatment group was better than that of the control group ($P < 0.01$). Comparing the index components, the two groups were comparable in the improvement of sleep time and daytime function ($P > 0.05$). The treatment group had advantages in improving sleep disorders ($P < 0.05$), and the scalp electroacupuncture group was superior to the normal acupuncture group in improving sleep quality, sleep time, and sleep efficiency ($P < 0.01$). **Conclusion:** Scalp

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