

中药熏洗联合电子生物反馈治疗仪治疗失眠症的疗效观察

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摘要:**目的** 探讨中药熏洗联合电子生物反馈治疗仪治疗失眠症的疗效。**方法** 将 60 例失眠患者随机分为中药熏洗联合电子生物反馈治疗组 20 例,单纯中药熏洗组 20 例,单纯电子生物反馈组 20 例。2 周后,观察各组疗效。**结果** 中药熏洗联合电子生物反馈治疗组总有效率为 95.00%,高于熏洗组总有效率 80.00%,高于电子生物反馈治疗组总有效率 75.00% ($P<0.05$),差异有统计学意义。**结论** 中药熏洗联合电子生物反馈治疗仪治疗失眠症疗效理想,治疗总有效率高,患者依从性好,值得临床推广应用。

关键词: 中药熏洗;电子生物反馈;失眠症

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Clinical observation of herbal fumigation combined with electronic biofeedback therapy apparatus on insomnia

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Abstract Objective To explore the curative effects of Chinese medicine fumigation joint electronic biofeedback therapy the treatment of insomnia. **Methods** 60 patients with insomnia were randomly divided into Chinese medicine fumigation joint electronic biofeedback treatment group (20 cases, pure Chinese medicine fumigation group 20 cases, simple electronic biofeedback group 20 cases. After 2 weeks after treatment, observe the effects of the treatment group patients. **Results** Total effective rate in Chinese medicine fumigation joint with electronic biofeedback treatment group was 95.00%, higher than that of fumigation group, total effective rate 80.00%, higher than the electronic biofeedback treatment group, total effective rate was 75.00% ($P<0.05$), the difference was statistically significant. **Conclusion** Chinese medicine fumigation joint electronic biofeedback therapeutic apparatus to treat insomnia curative effect is ideal, treatment of total effective rate is high, the patients compliance is good, worthy of clinical popularization and application.

Key words Chinese medicine fumigation; electronic biofeedback; insomnia

失眠的患病率日益增高,而相当一部分患者长期服药欠良效,或久服虽获短暂睡眠,但睡眠质量低下,导致清醒时也精神状态欠佳。我科采用中药熏洗联合电子生物反馈治疗仪治疗失眠患者 60 例,疗效满意,现报道如下。

1 资料与方法

1.1 一般资料 选择我科 2015 年 1 月~2016 年

1 月住院失眠患者 60 例,随机分为中药熏洗+电子生物反馈治疗组(治疗组)20 例,中药熏洗组(对照组一)20 例,电子生物治疗组(对照组二)20 例。治疗组:男 12 例,女 8 例,年龄 42~68 岁,平均年龄 55 岁,其中合并高血压、腔隙性脑梗塞 9 例;对照组一:男 11 例,女 9 例,年龄 41~67 岁,平均年龄 54 岁,其中合并高血压、腔隙性脑梗塞 8 例;对