

ABSTRACT

Randomized-controlled clinical trial study on Electromagnetotherapy for treatment of insomnia

Background&objectives: Insomnia is one of the most prevalent disorders of sleep in the world. Since insomnia causes disorders in the individual relationships in the society and also increase in the risk of major depression, its adequate and proper treatment is highly important. The common treatment of insomnia is medicinal and using sedative medicine such as Benzodiazepines, but regarding the side effects of these medicines Therefore using the non-medicine methods is essential and useful. In this study we are going to evaluate the effects of electromagnetic therapy in comparison to other common medicinal methods in treating insomnia.

Methods: This study, that was a random clinical trial, was done on 60 people who have referred to the office of the neurologist and according to the DSM-IV criteria, their diagnosis has been determined. Their insomnia has lasted for 3 weeks and the patient didn't have other problems. The samples were determined according to similar studies and random number distributions. They were placed in 2 groups of 30 people with electromagnetic and control (treatment with Alperazolam) and they were treated for 3 weeks. Using the questionnaire of studying the quality of sleep Pittsburgh(PSQI) also the questionnaire of the study of the severity of the insomnia (ISI) of the patients in 3 periods before the study and immediately after the treatment and 1 month after treatment were evaluated and the results were analyzed statistically.

Results: In this study, there were 60 participants of whom 28 were male (46.7%), 32 female (53.3%).The mean age was 37.3. The youngest one was 17 and the oldest was 65. The mean point of every questionnaire, before treatment and immediately after treatment, didn't show any significant correlation. But 1 month after treatment there was a significant correlation between the 2 groups.

Conclusion: Electromagnetic therapy can be used as a replacement for sedative medicines for treating insomnia. It can not only treat insomnia but also has more stability in comparison to other sedative medicines and doesn't have any reported side effects.

Key words: Electromagnetic therapy, primary chronic insomnia, Benzodiazepines