

### **acupuncture for insomnia a pdf**

Most of the trials concluded that acupuncture was significantly more effective than benzodiazepines for treating insomnia, with mean effective rates for acupuncture and benzodiazepines being 91% and 75%, respectively. Acupuncture also appeared to be more effective in improving sleep than sleep hygiene counselling and sham acupuncture.

### **Insomnia - Acupuncture**

Although conventional non-pharmacological and pharmacological treatments for insomnia are effective in many people, alternative therapies such as acupuncture are widely practised.

### **(PDF) Acupuncture for insomnia (Review) - ResearchGate**

Background: Acupuncture is commonly used in treating insomnia in China, and clinical studies have shown that acupuncture may have a beneficial effect on insomnia compared with Western medication. Methods: We included randomized controlled trials on acupuncture for insomnia.

### **Acupuncture for Treatment of Insomnia: A Systematic Review**

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### **Acupuncture for Treatment of Insomnia: A Systematic Review**

Insomnia appears to be a fast-spreading problem in the modern days, which not only affects people's living quality but also impairs people's working efficiency even causing disability.

### **Acupuncture for the Treatment of Insomnia | Request PDF**

Clinical study on acupuncture-moxibustion treatment for insomnia in heart-spleen deficiency.pdf Clinical observation of electro-spoon needle for insomnia.pdf Observation on therapeutic effects of acupuncture treatment for insomnia.pdf

### **Acupuncture and insomnia A report of 86 cases.pdf**

Acupuncture for Insomnia Insomnia is the difficulty of getting to sleep or sleeping long enough to feel refreshed in the morning and is a problem which most people will experience at some point in their life.

### **Acupuncture for Insomnia – “Acupuncture That Works**

Acupuncture is commonly used in treating insomnia in China, and clinical studies have shown that acupuncture may have a beneficial effect on insomnia compared with Western medication. We included ...

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