Use of Integrative Medicine Approaches for Sleep in Adults

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Introduction

- Integrative medicine approaches are increasingly being used worldwide to maintain health and wellbeing.
- To date, no studies have assessed the use of integrative medicine approaches in adults with sleep disorders.
- This study determined the prevalence, perceived efficacy, and influencing factors and evaluated the sources of information as well as the barriers and facilitators for the use of integrative medicine approaches within the previous 12 months to treat adults with sleep disorders.

Result:

- The response rate was 94.5% (n = 515). The prevalence for the use of integrative medicine approaches was 53.4%.
- The most perceptively efficacious integrative medicine approaches was acupressure.
- Educational attainment, the number of chronic diseases/symptoms, and healthy lifestyles were independent predictors for the use of integrative medicine approaches.

Conclusions

- The findings of this study identified the significant predictors of IMA use and provided a fundamental understanding the aspects of IMA use in the adults with sleep disorders is particularly important for nurses in practice associated with their insomniac patients.
- This study provides fundamental information regarding the use of integrative medicine approaches in adults with sleep disorders. Our findings suggest that some demographic characteristics were significant predictors for IMA use in adults with sleep disorders.

Method:
A cross-sectional postal survey was conducted to collect data. Descriptive statistics and binary logistic regression were used to analyze the data.

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