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 perceivably 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.

Table. Sources of information on IMA (*n* = 275)

Sources	N	%
Television/radio	121	44.0
Family/friends/relatives	107	38.9
The internet	97	35.3
Physicians	81	29.5
Chinese medicine practitioners	66	24.0
Magazines	46	16.7
Paramedical personnel	37	13.5
Nurses	25	9.1

IMA, integrative medicine approach

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.

Table 2. Types of IMAs, perceived efficacy of IMAs by users and efficacy ranking (*n* = 275)

Types of IMA	Prevalence of IMA use+		Perceived efficacy		95% Confidence interval for proportion		Efficacy ranking[a]
	n (a)	%	*n* (b)	% (b/a)	Lower bound	Upper bound	
Music listening	77	28.0	59	76.6	0.656	0.855	2
Breathing exercise	64	23.3	48	75.0	0.626	0.850	4
Acupressure	63	22.9	55	87.3	0.765	0.944	1
Warm-water footbath	61	22.2	43	70.5	0.574	0.815	5
Meditation	41	14.9	37	90.2	0.769	0.973	3
Foot massage	40	14.5	28	70.0	0.285	0.524	
Prayer	28	10.2	22	78.6	0.590	0.917	
Herbs	28	10.2	19	67.9	0.476	0.841	
Acupuncture	27	9.8	19	70.4	0.498	0.862	
Yoga	24	8.7	18	75.0	0.533	0.902	
Aroma	21	7.6	16	76.2	0.528	0.918	
Tai Chi	13	4.7	11	84.6	0.546	0.981	
Earlobe massage	17	6.2	12	70.6	0.440	0.897	
Qigong	11	4.0	10	90.9	0.587	0.998	
Cupping	8	2.9	2	25.0	0.032	0.651	

Note: IMA, integrative medicine approach; +In descending order. [a]Efficacy ranking was based on 95% confidence interval for the proportion of each IMA.

Table . Determinants of IMA use (*n* = 515)

Variable[a]	B	Wald χ^2	*p*	Exp(B)	95% C.I.
Male gender	0.24	1.23	0.27	1.28	0.83~1.97
bachelor degree and above	-0.81	15.71	<0.001	0.45	0.3~0.67
[b] Self-perceived good health status	0.46	2.27	0.13	1.59	0.87~2.91
[b] Self-perceived moderate health status	-0.27	1.03	0.31	0.76	0.45~1.29
Number of chronic disease/symptoms	0.32	27.62	<0.001	1.37	1.22~1.55
Healthy life style (*M, SD*)	0.73	29.63	<0.001	2.08	1.60~2.70

[a]Independent variables were simultaneously entered into the binary logistic regression model. [b]Self-perceived bad health status was treated as the reference group. R^2: Nagelkerke = 0.296

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

Table. Barriers and facilitators for IMA use (*n* = 275)

	N	%
Barriers		
limitation of accessibility	230	44.7
limited information about scientific evidence	195	37.9
time-consuming	179	34.8
not covered by health insurance	138	26.8
physician discouraged	109	21.2
Facilitators		
side effects of sleeping pills	216	41.94
perceived efficacy of IMA	146	28.3
recommendation of health care providers	92	17.9
recommendation of family/friends	68	13.2
others	16	3.1

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