



## Preventive Care for Insomnia in Chinese Medicine

### 失眠的中醫預防保健(英文)

---

#### What is insomnia

- Difficult to fall asleep
- Difficult to continue sleeping
- Affecting work in daytime
- Sleep disorder 3 times a week with continuous insomnia of over 1 month

#### Cause of insomnia

- Psychological factor : stress is the foremost factor that results in short-term insomnia; i.e. the stress from school, work, family, and marriage.
- Physical factor : physical problems will interfere with sleep, such as fever, tumor, asthma outbreak, pain on operational wound.
- Habits of life : Drinking wine or coffee and tea in the afternoon or evening, and doing intense exercise before sleep.
- Work requiring shift: Nurses and other work that require working on shift.
- Jet lag.
- Environmental interference : Rooms too cold, hot, noisy, and bright will affect sleep. Some people would be familiar with own bed and could not sleep in different room.
- Medicine : the side effect of some medicine could not put one to sleep, including medicine for high blood pressure and asthma. The suspension of certain medicine such as sedation and sleeping pills will also make prevent the patients from sleep.

#### Impact of insomnia

Fatigue, unfocused, nausea, headache, tempered, and neurotic.

### Daily care

- Develop routine life and go to sleep and get up on time daily.
- Engage in routine exercise daily. Do mild and relaxing activities before sleep such as taking warm bath and avoid intense activities or watching TV before sleep.
- Maintain comfortable sleep environment. Use eye mask and ear plug when necessary.
- Coffee, tea, cola and wine are prohibited from the afternoon onward.
- Take nap no more than half hour.

### Insomnia and food therapy

- Lotus Seed Soup : Especially for flaming insomnia that can reduce heat and improve sleep.
- Dried Longan Tea : Tea drink made of dried longan that is suitable for insomnia with weakness.

### Self-massage for insomnia

- Bend the fingers into comb and brush backward to the cervical vertebra.
- Properly massage the Shou-Sheng-Men( 手神門 ) Acupuncture point or Er-Sheng-Men( 耳神門 ) Acupuncture point before sleep. Appropriate force of massage might cause slightly pain.

### Chinese medicinal bath for insomnia

- Material : Jasmine blossom, poria, Cyperus, and rose.
- Steps : Lightly crush and wrap with non-woven fabric to soak in bathing tub.