

ZUSAMMENSTELLUNG VON WISSENSCHAFTLICHEN PUBLIKATIONEN ZUR WIRKUNG VON PULSIERENDER MAGNETFELDTHERAPIE BEI SCHLAFSTÖRUNG

2001

Impulse magnetic-field therapy for insomnia: a double-blind, placebo-controlled study

Abstract

This 4-week double-blind, placebo-controlled study assessed the efficacy of impulse magnetic-field therapy for insomnia. One hundred one patients were randomly assigned to either active treatment (n = 50) or placebo (n = 50) and allocated to one of three diagnostic groups: (1) sleep latency; (2) interrupted sleep; or (3) nightmares. Efficacy endpoints were intensity of sleep latency, frequency of interruptions, sleepiness after rising, daytime sleepiness, difficulty with concentration, and daytime headaches. In the active-treatment group, the values of all criteria were significantly lower at study end ($P > 0.00001$). The placebo group also showed significant symptomatic improvement ($P > 0.05$), but the differences between groups were highly significant ($P > 0.00001$). Seventy percent (n = 34) of the patients given active treatment experienced substantial or even complete relief of their complaints; 24% (n = 12) reported clear improvement; 6% (n = 3) noted a slight improvement. Only one placebo patient (2%) had very clear relief; 49% (n = 23) reported slight or clear improvement; and 49% (n = 23) saw no change in their symptoms. No adverse effects of treatment were reported.