Effectiveness of Combining Sanyinjiao (SP6) with Shenmen (HT7) Acupressure Points on the Sleep Quality of Older Adults: A Parallel Randomized Clinical Trial

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ABSTRACT

Introduction: Sleep disorders are among the most common problems in older people. One complementary treatment that can help improve the sleep quality of these individuals is acupressure on the sanyinjiao and shamen points. This study aimed to determine the effectiveness of combining acupressure on these points to improve sleep quality in older people.

Methods and Materials: In this parallel randomized clinical trial study, 126 older adult residents of Shahroud were randomly assigned to three groups: group A (Shenmen acupressure point), group B (Sanyinjiao acupressure point), and Group C (combination of Shenmen and Sanyinjiao acupressure points). All three groups received acupressure intervention at the specified points twice daily for one week. Data collection involved using a demographic checklist and the Pittsburgh Sleep Quality Index questionnaire. The data were analyzed using SPSS software version 21, and statistical tests, including paired t-test, chi-square, Kruskal-Wallis, Wilcoxon, and ANOVA, were conducted.

Results: The study revealed a statistically significant difference in the sleep quality of older adults before and after the intervention in all three groups (p = 0.001).

Conclusion and Discussion: The present study found that acupressure on Shenmen and Sanyinjiao points, alone or in combination, effectively improved the sleep quality of older people.

Keywords: Acupressure, Sleep disorder, Sleep quality

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