The use of the music-therapeutic program "Antistress Insomnia" in the complex therapy of sleep disorders in patients with neurosis

Shusharjan S.V.
(Scientific Center for Music Therapy and Medical-Acoustic Technologies
RNTSVM and K of the Ministry of Health of the Russian Federation, Moscow, Russia)

Materials and methods

Musical and therapeutic program "Antistress-Insomnia" was developed in 1999 for the treatment and prevention of stress, neuroses, sleep disorders. Musical compositions (pop-symphonic masterpieces) were carefully selected and distributed in a special way, which were recorded on a laser CD.

The “Antistress” section of the program is recorded on tracks 1–10. Relieves nervous tension and anxiety, improves mood. The optimal listening time is morning, afternoon.

The "Insomnia" section of the program is recorded on tracks 11–20. Relieves nervous overexcitement, soothes. Has a hypnotic effect. The optimal listening time is evening, before bedtime.

For complex treatment, a group of patients (24 males and females from 25 to 60 years old) was selected, suffering from sleep disorders of varying severity, against the background of pronounced neurotic changes, with a history of psychological stress. At the same time, a mild form of insomnia was detected in 11 people (difficulty falling asleep, increased sleep sensitivity at normal duration), moderate insomnia (difficulty falling asleep, anxiety in dreams, duration 2-3 hours below the physiological norm) - 10 people, in 4 people revealed a severe form of insomnia (sleep duration up to 3-4 hours a day, anxiety, feeling weak after waking up). All patients were tested for musicality. 14 people were found to have a high and medium degree of musicality; they formed the main group in this experiment. In terms of their composition (age, sex of the subjects, the degree of sleep disturbance), the main and control groups were quite similar. All subjects of the main and control groups received a tablet tranquillizer (meprobomat at a starting dose of 0.4 3 times a day; in the future, it was allowed to decrease or increase the dose of the drug and the frequency of administration, depending on the dynamics of the patient's condition). In 30 minutes after the morning drug intake, all patients of the main group underwent a session of music therapy (musical compositions of tracks 1-10 of the "Antistress Insomnia" program sounded). 30 minutes after the evening intake of the drug, a second session was carried out, but the compositions of tracks 11-20 of a brightly sedative nature were already heard. The course of treatment lasted 2 weeks. During this entire period of time, the patients of the main and control groups, who received only drug therapy, were under observation. As a result of the treatment carried out by the 14th day of the experiment, the following results were obtained in the main group. Sleep returned to normal in 8 people (57%). At the same time, the dose of meprobomat in these individuals decreased by the end of the course of combined terpapia to a single dose at night in an amount of 0.2. Improvement of the state was revealed in 36%, the state without any particular dynamics was determined in 7% of cases. Only two

of patients at the beginning of treatment, the dose and frequency of drug administration were briefly increased. In general, the reduction in medication intake compared with the baseline level in the main group was 64%.

In the control group, the indicators were significantly weaker: a significant improvement was found in 30% of cases. The same% was the indicator “without significant dynamics”. At the same time, the consumption of the drug increased in comparison with the initial one by 15%.

Patients in the main group fell asleep faster, slept deeper and longer, and upon waking up felt more rested than patients in the control group. Moreover, positive changes
well-being, including the “quality of life,” in the main group is much found themselves more dynamic.

Distant mechanism acoustic potentiation actions drugs is that music renders multifaceted psychophysiological action. It was found that the use of slow, melodic music causes inhibition of the cerebral cortex, a decrease in blood pressure, and muscle relaxation. Accordingly, the combination of this type of acoustic exposure with the intake of tranquilizers (sedatives) or antihypertensive drugs (lowering blood pressure) will be unidirectional, cause a stronger therapeutic effect and, ultimately, lead to a decrease in the doses of drugs.

Shusharjan S.V. The use of the music-therapeutic program "Antistress Insomnia" in the complex therapy of sleep disorders in patients with neurosis // X
" IMEDIS ", 2004, vol. 2 - C.338-340