

ACUPUNCTURE INSOMNIA UPDATE

REPORTED BY ACUPAUNCTURE IN THE NEWS

WEDNESDAY, DECEMBER 16, 2009

Acupuncture for Insomnia



The largest study on acupuncture and insomnia to date found acupuncture to be more effective than orthodox sleeping medications in improving your sleep and relieving insomnia. The researchers also found that combining acupuncture with medication was more beneficial than medication alone. Acupuncture plus herbs also improved sleep better than herbs alone.

This study ([meta-analysis](#)) included 46 randomized trials and 3811 patients. It was [published](#) The Journal of Alternative and Complementary Medicine.

The bottom line:

The most common solution your doctor will offer for [insomnia](#) is sleeping pills. Unfortunately the sleeping pills are addictive and their effect diminishes with time. Furthermore, sleeping pills don't give you quality sleep and have a sedative effect, which may affect your performance during the day as well as driving. Acupuncture offers a superior alternative to sleeping medications. Acupuncture does not have the side effects of the sleeping pills and it is more effective in treatment of insomnia.