

**Title of Project:** Acupuncture to treat sleep disorders during pregnancy development of a treatment protocol

**(FOR Code/s):** 1104

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**Location of Project:** Campbelltown campus

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## **Project Background**

Sleep is governed by circadian and endocrine systems, and reduced sleep may contribute to metabolic dysfunction. Many pregnant women experience frequent night waking, insomnia, and restless sleep during their pregnancy. These sleep disturbance changes are modified by the pregnancy and by trimester specific changes (O'Keeffe M and St-Onge MP 2012). However, there is little understanding of women's experience of sleep disorders during pregnancy.

The treatment of poor quality sleep during pregnancy is impacted by medication contra-indicated during pregnancy. Consequently there is interest in non pharmacological treatments to improve sleep quality and insomnia during pregnancy. A Cochrane systematic review of acupuncture to treat insomnia found some encouraging evidence of acupuncture with improving sleep quality however the methodological quality of trials was poor (Cheuk DKL, Yeung WF et al. 2012). A review of acupuncture administered during pregnancy also found positive results although the trials were small (Hollenbach D, Broker R et al. 2013). A review of non-pharmacological interventions for improving sleep quality found exercise, acupuncture and massage improved sleep, however study quality was poor. Future studies are needed to understand women's sleep patterns in pregnancy, and their views about participating in clinical studies.

## **Aim of Study:**

To examine women's sleep during pregnancy, and for a group of women with difficult sleep to examine their interest in using complementary therapies.

## **Methods:**

A cohort of pregnant women will be recruited from the community, via advertising, pregnancy groups or through advertising, and their pattern of sleep will be tracked over two trimesters of pregnancy. Women will be required to keep a sleep diary, and to complete a sleep questionnaire. For women with difficult sleep they will be invited to participate in a focus group where their interest and views with participating a clinical trial of a complementary therapy such as acupuncture or massage will be explored.

## **Ethics Application Requirements:**

Ethics approval will be sought

## **Key References:**

Cheuk DKL, Yeung WF, Chung KF and W. V. (2012). "Acupuncture for insomnia." Cochrane Database of Systematic Reviews Issue 9. Art. No.: CD005472.

Hollenbach D, Broker R, herlehy S and Stuber K (2013). "Non-pharmacological interventions for sleep quality and insmnia during pregnancy: a systematic review." J Can Chiropr Assoc 57(3): 260-270.

O'Keeffe M and St-Onge MP (2012). "Sleep duration and disorders in pregnancy: implications for glucose metabolism and pregnancy outcomes." International Journal of Obesity: 1-6.

