

## 불면증의 비약물학적 치료

### Nonpharmacological Treatment of Insomnia

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■ ABSTRACT

Several nonpharmacological treatment methods of insomnia and their effects were reviewed. A long - term use of most hypnotics may produce tolerance, dependence, cognitive and psychomotor impairments at daytime, shallow sleep, and rebound insomnia on drug withdrawal. To reduce hypnotic abuse, nonpharmacological strategies have been developed to correct disordered behavioral and cognitive factors. These treatments aim at modifying maladaptive sleep habits, lowering physiological and cognitive arousal levels, and correcting dysfunctional beliefs and attitudes about sleep. These non - pharmacological or cognitive behavior treatments include stimulus control, sleep restriction, relaxation training, sleep hygiene education, cognitive therapy, and light therapy. Among them the stimulus control therapy has been demonstrated most effective as a single treatment or in combination with other treatments. Through nonpharmacological treatments, sleep latency was most significantly reduced and wake time after sleep onset was also reduced. About 50% of insomniacs reported clinical improvements in terms of nearly normalized sleep latency, awakening time, sleep efficiency, and reduction of hypnotic use. Compared to the hypnotic therapy, nonpharmacological treatments are more cost - effective and more readily accepted by patients, and their effects last longer. **Sleep Medicine and Psychophysiology 2000 ; 7(1) : 5-9**

**Key words:** Nonpharmacological treatment · Insomnia · Stimulus control · Behavioral and cognitive treatment.

서 론 (rebound insomnia)

가

4 가

6

(1) 1/3 가 10%

가

30 85%

(2).

3 4

본 론

(tol -

erance), (dependence),

1. 수면위생교육(Sleep hygiene education)

1)

(3)

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2 6 가 , 2 3  
 (biphasic) (4)

2 3 15 . Bootzin  
 (5).

(cues for sleep),

2) - , -  
 - (stimuli or cues)

(6).

3) 가 6가 (8).  
 가 1)  
 2) , TV  
 (worry time) 3) 가 가  
 30 가 10 가  
 가 가

4) 가 가 14 4) 3)  
 가 10 가 가 5)  
 가 가 가 가  
 가 가 6)  
 가 가 1972 Bootzin 가  
 가 가

(5). (9,10).  
 5) 40 가  
 5 6 2

3. 수면제한(Sleep restriction)  
 6) Spielman (11)  
 가 (7).

가 consolidated . 90%  
 2. 자극조절(Stimulus control) 15 20 가  
 80%( 85%) 15 20

80%( 85%) 90%

5 가 .

가 가

4. 인지치료(Cognitive therapy)

(dysfunctional beliefs and attitudes) 가 4가

가 (12).

1)

가 가

2)

attributions).

3)

가

(unrealistic sleep expectations)

4)

가 (performance anxiety)

(learned helplessness)

(diminished control)

가

intention)

(paradoxical

가 가

5. 이완훈련(Relaxation training)

(heightened arousal or hyperarousal)

(somatic arousal)

(racing or intrusive thoughts)

(cognitive arousal)

(2).

1)

(EMG biofeedback),

(progressive muscle relaxation),

(autogenic training)

(diaphragmatic breathing)

(13).

(frontal muscle)

가,

가 (tense and relax)

2)

(amplification)

(mis-

2)

ery training),

(meditation),

(14).

(thought stopping), 가,

3)

8

가

4)

가

6. 광치료(Light therapy)

(phase delay)

(phase advance)

(15)

1)

(core body temperature)

(21)

가

2,500

(10 ) 1 2

중심 단어 :

(16).

(17).

2)

(18).

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7. 비약물학적 치료의 효과

(sleep latency)가 가

(19,

20).

가가

(20).

70 80%

가

50% 가

가

30%

결 론

가

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