Study on the Intervention of TIP Technique on Sleep Problems in the Elderly

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Abstract. In this paper, we first discuss the study of sleep, and then put forward the problems of sleep in the elderly. Finally, we introduce TIP technology to intervene the problem.

Introduction

China has entered the era of aging. Due to the gradual decline of the physiological function of the elderly, the increase negative emotions, coupled with the knowledge of the elderly sleep is extremely deficient, the incidence of sleep disorders. Regardless of the quality of sleep, time, habits, efficiency, and so far, far less than other age groups, even healthy elderly people often suffer from sleep disorders. A survey shows that the proportion of elderly people with sleep disorders is:60 years of age of 53.6%, at the age of 70 years of 50%, at the age of 80 of 46.4%. The number of patients with sleep disorders was as high as 70.26% of the elderly, who have different degrees of sleep disorders at home due to the causes of the elderly and depression. Sleep disorder is not only an important factor to reduce the quality of life of the elderly, but also one of the reasons for the increased mortality. Paying attention to the sleep quality of the elderly is one of the prerequisites to improve their physical and mental health and quality of life.

TIP technology, also known as the introduction of low impedance thinking therapy, is one of the modern Chinese psychotherapy. The technology based on low impedance theory and ideas into theory, through the induction of speech and behavior, to be treated into some intermediate state from waking to sleep. It will be treated according to certain treatment needs to be composed of information from the speech and behavior of some kind of “thought, idea, concept.” Introduction to treatment the treatment method, and ultimately affect the patient's memory and implicit cognition and achieve some kind of psychological treatment and rehabilitation effect. Among them, TIP sleep regulation is a special treatment for sleep disorders. It has been found that this method has been used in the treatment of insomnia.

1. Pathological Study of Chinese Medicine on Sleep

1.1 On Sleep from Yin-Yang and Qi

Traditional Chinese medicine said that the Wei-Qi is the essence of the spleen and stomach of the essence of the valley of water. The Qing is the camp, the turbidity of the Wei, walking outside the meridians, but the human body to play the role of resistance to external pathogens, protection of the role of the body. In the Chinese classic “ling-shu, coffin-mouth” said: Wei-Qi in the daytime to Yang, at night in the Yin, Yin Lord night and night by lying, Yang master, in master. This sentence shows that the health of the day in the Sun Yang, nocturnal in Yin, into the Yin is to fall asleep, out...
of Yang is waking up. Wang believed the imbalance of yin and Yang, the main pathogenesis of insomnia is the body's blood loss, blood flow to the mind is not sufficient, brains lost AIDS, body no, nor send [1].

In the “Ling-Shu, Coffin-Ying” also wrote: young man, because the young blood is sufficient, "Ying-Wei trip does not lose its normal, so the day energetic, night sleep. The old man, whose battalion gas is less and less inside the cut their day is not fine, the night does not smell. Therefore, the elderly in the decline in the quality of sleep, one of the reasons is that the body aging, Wei-Qi deficiency, cannot sleep soundly. It can be seen that the operation of Defensive Qi, not only can prevent the invasion of the disease, the same quality of sleep is also affected, Wei-Qi discrepancy, can lead to sleep disorders, sleep quality decline.

1.2 Sleep from the Five-Viscera

In view of the traditional Chinese medicine, the etiology and pathogenesis of sleep disorders and insomnia and other sleep problems, mainly in the five internal organs, and “the five organs have an impact on sleep” the overall concept.

“Su-Wen” of people lie blood to liver. The function of the liver is to store the blood, to sleep at the right time, the liver will operate to make the blood flow normally, so sleep is closely related to the liver. Qiaochu Wang and Pingdeng Wang believe that the viscera function disorder, cause the body blood loss is the key of insomnia, emotional factors are the main causes of insomnia, insomnia disease in the liver when LED, often involving the effect of spleen and kidney and other organs. The liver resulting in the formation of Qi stagnation, phlegm fire, addiction and other pathological product, disturb the gods, soul is not hidden, insomnia disease. [2]

Especially in the “Su-Wen·disease” can be pointed out: the organs have been damaged, eading to the reasons for falling asleep and disturbed. Good sleep quality is inseparable from the comprehensive role of the various organs. Any relative dysfunction of organs may lead to sleep disorders. [3]

2. Age Limit of the Elderly

There are two standards to define the age of the elderly in the world. The first is that the United Nations is more than 65 years of age for the elderly; the other is at the World Congress on aging in 1982 to determine the criteria for more than 60 years of age. The two criteria can be applied to different national conditions, generally developed countries use the age of 65, and for most developing countries, the use of the age limit of the latter.

In 1964, China's Geriatrics Symposium, stipulated the 60 year old for the elderly. Therefore, the age of the elderly in China is defined as 60 years old.

2.1 Sleep Characteristics of the Elderly

With the growth of age, people into the elderly, sleep time at night is gradually shortened, which is a normal physiological phenomenon of the human body. Sleep is one of the functions of regulation and control of brain function. The aging brain function also gradually aging, affect sleep and wake the central operation, deep sleep decreased gradually, while the shallow sleep is relatively increased, therefore, the elderly will encounter some difficulties, such as sleep at night awakening times increased sleep disorder, severe cases can cause insomnia, affect the normal state of life.

The sleep characteristics of the elderly are summarized as follows: (1) the sleep time of the elderly is shortened, therefore, the phenomenon of early to bed and early to rise in the elderly has changed. (2) The depth of sleep in the elderly was changed, the deep sleep period gradually decreased, and the number of shallow sleep increased. (3) easy to wake up on sleep, easy to play during the day.

2.2 Factors Affecting Sleep in the Elderly

In life, there are many factors affecting the quality of sleep in the elderly, such as the external environmental factors, their physical factors psychological factors, but the most important is the physical and psychological factors.

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Physical factors: due to the physiological function of older people with age and gradually degenerate, resulting in the elderly prone to disease, thus affecting sleep. In 2003, the International Sleep Association conducted a survey of sleep problems and health status of the elderly. It was found that the more health problems of the elderly, the worse the quality of sleep.

Psychological factors: the elderly on their own lives and the physical status of pessimism, long time can not be resolved, will inevitably affect sleep. Stay away from work, it is difficult to find a better spiritual sustenance, not adapt to the current situation, the elderly will increase the psychological pressure of intangible; some of the old people family situation is complex, need to worry about things, unsatisfactory things, their inability to reverse, it will produce a sad mood; widowed elderly people living alone, long, strong sense of loneliness. All kinds of problems will have a great impact on the psychology of the elderly, but the psychological factors are more controllable than other factors.

3. TIP Technology for Sleep Intervention in the Elderly

TIP technology, also known as low impedance induction therapy, is based on low impedance theory and ideas into theory, to guide, Qigong therapy and Western hints, for some combination of hypnotic therapy Chinese, induced by verbal and behavior, make the patient into some from awake to the intermediate state of sleep in this process, the doctor according to some kind of treatment needs to be composed by speech and behavior information of some “thought, idea, concept of” introduction to the patients, by suggesting that the role of the patients after accepting this idea, the concept of information, to form a self in the brain with treatment needs” the mirror, again effect of the coverage, alternative for patients with past" thought, idea, concept, and ultimately affect the patient's memory and implicit cognition and achieve some psychological treatment and psychological health Treatment of complex action [4].Sleep intervention technology can be divided into three specific areas:

3.1 Sleep Environment Technology

To create a state, to enhance the ability of the elderly to adapt to sleep environment, we can be in the state of Qigong, design a stimulus-Wake-quie-sleep, induction process, repeatedly. Eventually it makes the elderly people with sleep problems during sleep fully adapt to environmental stimuli, reduce the sleep conditions of candlelight, enhance sleep adapting ability, improve sleep problems.

3.2 Emotional Stripping Technology

Sleep and mood are closely related, so it is necessary to adjust the mood in the first place. The theory is based on the theory that sleep is closely related to people's emotions, but it does not mean that mood will affect sleep. As long as people can do first before sleep and sleep, sleep after "rational to exclude the interference of various emotions, so that the" irrational "categorically that the relationship between insomnia and mood is not related, it is more beneficial to improve sleep. The emotional sleep stripping technique can be used as a common cognitive therapy in the form of a dialogue, but it would be better if the treatment was carried out in a low impedance state.

3.3 Anti-Jamming Technology

Any non organic sleep is psychogenic. Most sleep problems of the elderly are caused by psychological and social factors. By interfering with the low impedance state, and then relaxed into the low impedance state, repeated reinforcement and circulation, in order to improve the anti interference ability of the elderly during sleep.

3.4 TIP Treatment Effect

After years of theoretical and clinical research, TIP Technique for the treatment of insomnia is becoming more and more mature, the formation of TIP technology specifically for the treatment of insomnia, “TIP sleep control technology” clinical technical specifications. Including TIP sleep conditioning technology information module design specifications, TIP sleep regulation technology
for the clinical operation of insomnia, so far, the treatment of insomnia specific technical specifications of the initial formation.

Wang Weidong was treated with TIP for a period of 6 months of intervention on depression patients with insomnia, and "Pittsburgh" (PSQI) sleep quality index scale, polysomnography monitoring, evaluation of objective and subjective sleep quality, sleep state of low impedance control technology on depression patients with insomnia effect. After 6 months of treatment, the results showed the PSQI sleep quality index score, the results of polysomnography showed that sleep quality improved, patients with TIP sleep regulating technique of PSQI in sleep quality, sleep time, sleep time, sleep efficiency, sleep disorders, daytime function and total score were significantly improved after treatment in patients with subjective sleep status improved significantly, improve the mental state during the day. The sleep efficiency, the number of awakening, the percentage of 1 stages of sleep, the percentage of sleep and the percentage of REM sleep in PSG were significantly changed (P<0.05). It is proved that the low impedance state sleep control technique can improve the sleep quality of patients with depression and insomnia.

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