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Article name: **СКЭНАР при лечении хронической инсомнии и нейроциркуляторой астении у врачей скорой помощи**

Health conditions of emergency aid doctors. Chronic Insomnia

Among the doctors a steady tendency of incidence rate was noticed, as chronic forms prevail in the structure. A special group consists of emergency aid doctors, which work in conditions of deprivation of sleep, which is one of the reasons of chronic insomnia.

Purpose of the research. Revelation of sleep disorders in doctors of mobile emergency teams, comparative analysis of influence of pharmaceutical and physiotherapeutic methods and condition of free-radical oxidating and anti-oxidant protection (AOP) of the organism.

Materials and methods. Adapted enquirer of Spiegel was used, haemodynamic parameters were evaluated, study of condition of lipid peroxidation was performed, as well as anti-radical protection in blood plasma and erythrocyte before and after treatment. 342 doctors of mobile emergency teams were questioned in South Federal district. Average age was 44.9, term of service was 13.8 years.

Results. 165 doctors (48.3%) had normal parameters of subjective evaluation of sleep, 96 doctors (28%) had borderline disorders, 81 doctors (23.7%) had chronic insomnia. In this arm, pre-insomnic (difficulties of falling asleep) and intrasomnic (quality of sleep, number of night-time awakenings) disorders were found. Insomnia statistically did not depend on the period of service and the age. In patients women it was noted twice more frequent.

Among the patients there were 2 groups. Group 1 – 53 doctors which took Zopiklon (Imovan) dose size 7.5mg for 10 days 30 minutes before supposed sleep. Group 2 – 20 people had 10 procedures of transcutaneous treatment with SCENAR. The treatment was performed during the holiday.

Positive effect was noted in 96-94% of patients, regardless of the type of therapy. 30% of the patients were examined 1 month later – sleep disorders were not noted. Treatment with Zopiklon and SCENAR for chronic insomnia reliably improved almost all the subjective characteristics of sleep (apart from its duration). The analysis of the

results of the treatment showed that SCENAR influences mostly intra- and post-somnic disorders. Comparative analysis of lipid peroxidation and anti-oxidant protection after the end of the course of electroneurostimulation and treatment with Zopiklon showed that SCENAR-therapy decreases to a bigger extent the intensity of oxidative stress and increases the anti-radical protection of the organism.

The suggested method of treatment of chronic insomnia, compared with pharmaceutical method, does not have side effects and complications, it has a limited list contraindications, it has no contraindications for age and is compatible with pharmaceutical treatment of other diseases.

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