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insomnia during pregnancy

Insomnies de la grossesse : évaluation de l'acupuncture

Articles connexes : - évaluation de l'acupuncture dans l'insomnie -

1. Systematic Reviews and Meta-Analysis

1.1. Bacaro 2020

Bacaro V, Benz F, Pappaccogli A, De Bartolo P, Johann AF, Palagini L, Lombardo C, Feige B, Riemann D, Baglioni C. Interventions for sleep problems during pregnancy: A systematic review. Sleep Med Rev. 2020. [216635]. doi

Background	Sleep problems during pregnancy are prevalent and could be linked to negative outcomes during pregnancy or post-partum. However, these complaints are often underdiagnosed and undertreated. This review aimed to systematically assess the effectiveness of different interventions to ameliorate poor sleep quality and insomnia during pregnancy.
Methods	Pubmed, PsycINFO and Medline databases were systematically searched without publication period restriction until 3rd May 2019. Eligible studies had to: include pregnant women of any age and gestational age; use clinical intervention designs targeted at improving sleep outcome; report pre- and post-treatment data for one or more sleep-related outcomes; be published in English, Italian, German, Spanish, or French.
Results	Sixteen studies were selected including 1252 expecting mothers. Studies evaluated the efficacy of various interventions: cognitive behavioral interventions for insomnia (4); pharmacotherapy (1); **acupuncture (1)**; mindfulness and yoga (3); relaxation (5) and herbal medication (2). Only six were randomized controlled trials, and only four evaluated longitudinal outcomes. Preliminary support was found for all interventions, but our knowledge is still too limited by lack of evidence.
Conclusions	There is an utmost urgency to perform high-quality randomized controlled trials for insomnia interventions during pregnancy and to implement effective programs in standard gynecological care.

1.2. Hollenbach 2013 ☆

Hollenbach D, Broker R, Herlehy S, Stuber K. Non-pharmacological interventions for sleep quality and insomnia during pregnancy: a systematic review. J Can Chiropr Assoc. 2013. 57(3):260-70. [170388].

Objective	To systematically review the literature regarding non-pharmacological inteventions for improving sleep quality and insomnia during pregnancy.

Methods	An electronic search strategy was conducted using several online databases (CINAHL, PubMed, Medline, Index to Chiropractic Literature) from inception to March 2013. Inclusion criteria consisted of studies evaluating non-pharmacological interventions, published in English in a peer reviewed journal, and assessed sleep quality or insomnia. The full text of suitable articles was reviewed by the authors, and scored using a risk of bias assessment.
Results	160 articles were screened and seven studies met the inclusion criteria in the form of three prospective RCTs, one prospective longitudinal trial, one experimental pilot study, and two prospective quasi-randomized trials. Quality scores ranged from five to eight out of twelve on the risk of bias scoring criteria.
Conclusions	Exercise, massage, and **acupuncture may be associated with improved sleep quality during pregnancy**, however, due to the low quality and heterogeneity of the studies yielded, a definitive recommendation cannot be made. Further higher quality research is indicated.

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