



### Research article

## Quasi experimental study of therapeutic effects of Yoga Nidra in the cases of Insomnia

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### ABSTRACT:

Yoga Nidra, also known as yogic sleep or psychic sleep, is a relaxation technique that aims to guide individuals into a deep state of conscious. Yoga Nidra also promotes better sleep. In today's fast-paced world, many people struggle with insomnia or poor sleep quality. In fact, research shows that 50% of the adult's experience sleep disorders once a month or more.

**Aim:** To evaluate the potential therapeutic benefits of Yoga Nidra.

**Settings and Design:** Quasi experimental study

**Material and Methods:** The study included a group of 15 participants aged between 20 and 50 years. A Sleep Disorder Questionnaire screening tool has been utilized during the study.

**Statistical analysis used:** To assess the disparity in sleep quality scores before and after (pre and post) difference in scores noted. The data was collected using a standardized sleep quality instrument- Sleep quality survey questionnaire 3 some questions selected to measure the sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleeping medication, and daytime dysfunction in adults.

The analysis - shows that there is a significant difference between Pre and Post scores. There was a positive effect of the practice of Yoga Nidra with post scores being significantly lower than the pre scores on components namely Subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleeping medication, and daytime dysfunction

**Results:** significant improvement in sleep quality scores has been noted

**Conclusion:** Yoga Nidra has proven its therapeutic effects, practice of it improves physical, mental, and social well- being and it can be used as a preventive, promotive and curative technique were the conclusions of this study. Hence, Yog nidra is effective to treat cases of Insomnia.

**KEY WORDS:** Yog Nidra, Sleep quality score, Insomnia, Yogic sleep

### INTRODUCTION:

Yoga Nidra, also known as yogic sleep or psychic sleep, is a relaxation technique that aims to guide individuals into a deep state of conscious awareness. The term "Yoga Nidra" is derived from two Sanskrit words: "Yoga," meaning union, and "Nidra," meaning sleep. It is important to note that while Yoga Nidra is guided by meditation, it is a distinct practice from meditation itself. Its modern application often involves working with the autonomic nervous system <sup>[1]</sup>.

Yoga Nidra also promotes better sleep. In today's fast-paced world, many people struggle with insomnia or poor sleep quality. In fact, research shows that 50% of the adult's experience sleep disorders once a month or more <sup>[2]</sup>.

The guided relaxation and meditation techniques used in Yoga Nidra help to quiet the mind and relax the body. Consequently, it will be easier to fall asleep and stay asleep throughout the night.

The goal of Yoga Nidra is to move into a deep state of conscious awareness sleep. Yoga Nidra is beneficial in reducing mental diseases such as stress, anxiety, insomnia. Yoga Nidra has therapeutic effects, practice of it improves physical, mental, and social well- being and it can be used as a preventive, promotive and curative technique were the conclusions of this study.

Based on a comprehensive review of the literature, it was hypothesized that there would be an enhancement in sleep quality <sup>[3],[4]</sup>.

**Methodology –**

The study included a group of 15 participants.

**Inclusion criteria –**

Participants were chosen based on their experience with sleep disorders – Primary insomnia.  
Aged between 20 and 50 years.

**Exclusion criteria-**

Any known chronic systemic disorder like – neurological, craniofacial disorders. Chronic asthma.  
Total duration on one patient – 22 days.  
Contact sessions with investigator – Day 0, Day 11, Day 22.

Day 11- day 22 (Online).

Day 0 - history taking and instructions for sleep monitoring (Questionnaire given)

Day 0 to Day 10 – monitoring of sleep quality with the help of questionnaire

Day 11 – reporting about sleep quality and Yog Nidra training.

Day 11 to day 21 - Ten days intervention of Yoda Nidra was delivered via online session before bedtime (around 10:00pm IST).

Day 22 - reporting about sleep quality after treatment. A Sleep Disorder Questionnaire screening tool<sup>[5]</sup> was utilized during the study. Investigator provided a 10-day intervention of Yoga Nidra, with each session lasting thirty minutes.

Before starting these sessions, participants were informed about Yoga Nidra and its benefits, followed with pre and post questionnaire (data collection). Ten days intervention of Yoda Nidra was delivered via online session before bedtime (around 10:00pm IST).

The data was collected using a standardized sleep quality instrument- Sleep quality survey questionnaire [5] some questions selected to measure the sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleeping medication, and daytime dysfunction in adults.

**Questionnaire –**

Q. 1. how long does it take to fall asleep?

Q. 2. Do you go to bed at the same time every night?

Q. 3. Is your average sleep time the same every day?

Q. 4. Is it difficult for you to wake up in the morning?

Q. 5. Do you often experience uninterrupted sleep?

Q. 6. How often do you have bad dreams?

Q. 7. Could you rate your sleep?

Q. 8. Despite having sufficient sleep, do you ever feel exhausted during the day?

Q. 9. Does being stressed affect your sleep hours?

Q. 10. Do you take any medical pills to sleep?

Q. 11. Does the choice of pillow/place affect your sleep? <sup>[5]</sup>

**OBSERVATIONS & RESULTS –**

This study is a quasi-experimental research project focused on treatment of insomnia. The research examines the impact of guided Yoga Nidra facilitated by investigator on the sleep quality of a randomly selected group of 15 individuals aged between 25 to 50 experiencing disrupted sleep patterns diagnosed as Primary insomnia. A questionnaire was employed to assess the disparity in sleep quality scores before and after (pre and post).

Below are the results, both before and after, of the questionnaires that were utilized to evaluate the differences in sleep quality.

**Q. 1 how long does it take to fall asleep?**

Mean duration before treatment (Day 11) is 50 minutes and after treatment (Day 22) is 31.8 minutes.

**Q.2 Do you go to bed at the same time every night?****Assessment criteria for Q2**

|           |   |
|-----------|---|
| Always    | 4 |
| Sometimes | 3 |
| Rarely    | 2 |
| Never     | 1 |

Before treatment (Day 11) average score was 2 that is rarely. After treatment (Day 22) average score is 4.

**Q.3 Is your average sleep time the same every day?****Assessment criteria for Q3**

|           |   |
|-----------|---|
| Always    | 4 |
| Sometimes | 3 |
| Rarely    | 2 |
| Never     | 1 |

Before treatment ( day 11) average score was 1 that is rarely. After treatment (Day 22) average score is 4 .

**Q.4 Is it difficult for you to wake up in the morning?****Assessment criteria for Q4**

|           |   |
|-----------|---|
| Always    | 4 |
| Sometimes | 3 |
| Rarely    | 2 |
| Never     | 1 |

Before treatment ( day 11) average score was 4 that is rarely. After treatment (Day 22) average score is 2.

**Q.5 Do you often experience uninterrupted sleep?****Assessment criteria for Q5**

|           |   |
|-----------|---|
| Always    | 4 |
| Sometimes | 3 |
| Rarely    | 2 |
| Never     | 1 |

Before treatment ( day 11) average score was 1. After treatment (Day 22) average score is 4 .

**Q. 6 How often do you have bad dreams?****Assessment criteria for Q6**

|           |   |
|-----------|---|
| Always    | 4 |
| Sometimes | 3 |
| Rarely    | 2 |
| Never     | 1 |

Before treatment ( day 11) average score was 3 that is rarely. After treatment (Day 22) average score is 2.

**Q.7 Could you rate your sleep on scale?**

0-----10

(0 = Poor, 10 = Excellent )

Before treatment (day 11) average score was 3 that is rarely. After treatment (Day 22) average score is 10.

**Q. 8 Despite having sufficient sleep, do you ever feel exhausted during the day?****Assessment criteria for Q8**

|           |   |
|-----------|---|
| Always    | 4 |
| Sometimes | 3 |
| Rarely    | 2 |
| Never     | 1 |

Before treatment ( day 11) average score was 4 that is rarely. After treatment (Day 22) average score is 2 .

**Q.9 Does being stressed affect your sleep hours?****Assessment criteria for Q9**

|           |   |
|-----------|---|
| Always    | 4 |
| Sometimes | 3 |
| Rarely    | 2 |
| Never     | 1 |

Before treatment (day 11) average score was 4. After treatment (Day 22) average score is 2.

**Q.10 Do you take any medical pills to sleep?****Assessment criteria for Q10**

|           |   |
|-----------|---|
| Always    | 4 |
| Sometimes | 3 |
| Rarely    | 2 |
| Never     | 1 |

Before treatment ( day 11) average score was 1. After treatment (Day 22) average score is 1.

**Q. 11 Does the choice of pillow/ place affect your sleep?****Assessment criteria for Q11**

|           |   |
|-----------|---|
| Always    | 4 |
| Sometimes | 3 |
| Rarely    | 2 |
| Never     | 1 |

Before treatment (day 11) average score was 3. After treatment (Day 22) average score is 1.

**DISCUSSION:**

Yoga Nidra, a form of guided meditation, has been shown to have a beneficial impact on the onset of sleep,

reducing the time it takes for patients to fall asleep. The pre and post scores of patients, as depicted in the figure, offer a visual representation of this improvement. Over a period of ten days, participants engaged in Yoga Nidra sessions, which likely contributed to a more relaxed state of mind at bedtime, facilitating a quicker transition to sleep. The positive effects observed in the study underscore the potential of Yoga Nidra as a therapeutic tool in managing sleep disorders and improving patient outcomes.

The data illustrates a consistent pattern of patient behavior regarding bedtime. Following the implementation of Yoga Nidra sessions, a noticeable improvement was observed in patients' bedtime consistency, as seen in the post result. The bedtime consistency was achieved since Yoga Nidra session usually started at the same time at night for all the participants.

The observations demonstrates a consistent trend in patient sleep behavior. After the introduction of Yoga Nidra sessions, there was a significant improvement in the daily average sleep consistency among patients, as indicated by the post results.

The above data demonstrates the effectiveness of Yoga Nidra in improving sleep quality and promoting a consistent wake-up schedule for patients. Yoga Nidra can help people fall asleep faster, promote deep sleep, and potentially improve sleep by reducing stress and pain. By teaching the body and mind to relax deeply, it can reduce insomnia and establish a more consistent sleep- wake cycle.

Uninterrupted sleep is essential for both physical and mental health, as it allows the body to repair itself and the brain to consolidate memories and process information. Quality sleep can boost the mood, cognitive function, and overall well-being. The data indicates that patients who participated in Yoga Nidra reported improved sleep quality, leading to increased energy levels and enhanced focus throughout the day and, Yoga Nidra also helps in reducing the stress and anxiety.

Experiencing a bad dream during sleep can be unsettling. It's a common occurrence that can be triggered by various factors such as stress, anxiety, or even changes in your sleep schedule. Remember, occasional bad dreams are normal, but consistent disturbances in your sleep deserve attention. With this study and data captured during this experiment it has been observed that Yoga Nidra can be effective in helping individuals cope with anxiety and stress, leading to a decrease in occurrences of unsettling dreams.

Quality sleep is crucial for physical and mental well-being. It helps in memory consolidation, mood regulation, and restoration of the body's systems.

The National Sleep Foundation recommends 7-9 hours of sleep per night for adults for optimal health. Through this experiment, it was observed that patients experienced improved mental well-being after participating in a Yoga Nidra session in the night.

Yoga Nidra, also known as 'yogic sleep', is a beneficial meditation technique that helps blend the states of wakefulness and sleeping. Individuals who struggle with disrupted sleep patterns may find it challenging to stay focused during the day as their bodies are not fully relaxed and their minds are not at ease. Through our recent experiment, we have noticed a positive impact on the sleep habits of patients, resulting in improved alertness and energy levels throughout the day.

Stress and sleep disorders are directly connected, with stress often leading to disrupted sleep patterns and, conversely, poor sleep can increase stress levels. Powerful meditation technique like Yoga Nidra has been shown to be effective in reducing stress and anxiety. During this experiment, we have observed that it has greatly assisted patients in reducing their stress levels, promoting a feeling of deep relaxation and overall well-being.

There is no history of medication taken by patients before or after treatment.

The above data demonstrates the effectiveness of Yoga Nidra in reducing dependency of sleep on habits such as pillow or place.

#### CONCLUSION:

Yoga Nidra has proven its effects, practice of it improves physical, mental, and social well-being and it can be used as a preventive, promotive and curative technique to cure primary insomnia.

**Further scope** – Same study can be done in the form of RCT to prove its therapeutic effect on Insomnia.

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