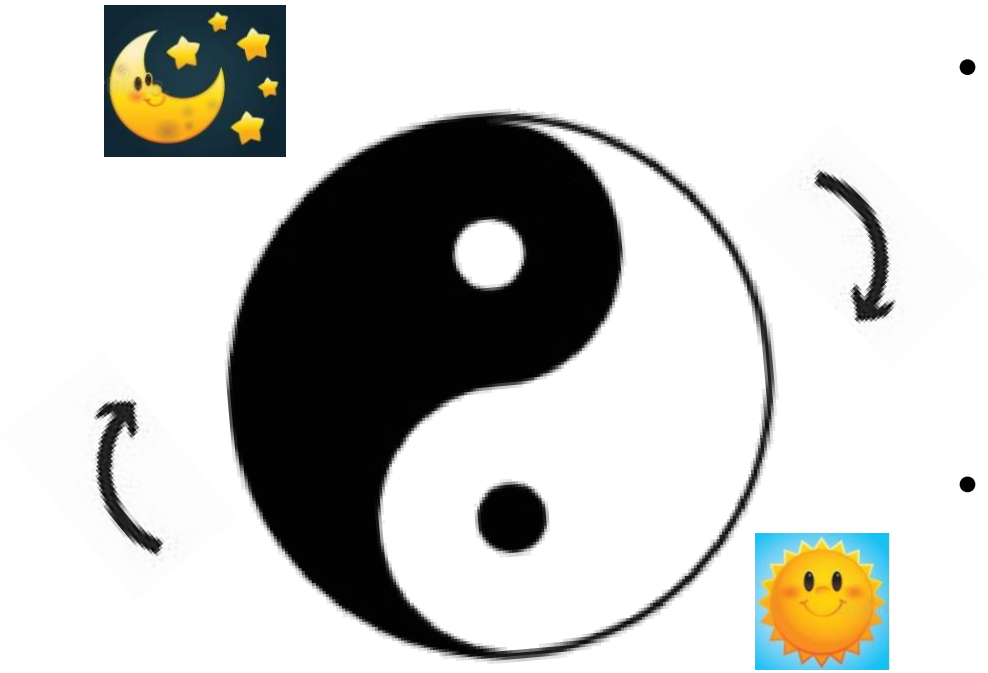

- 《靈樞》：
「陽氣盡，陰氣盛，則目瞑；陰氣盡而陽氣盛，則寤矣」

- 褪黑激素(Melatonin)

- 失眠
  - 原發性失眠
  - 繼發性失眠

(1)、睡入次再難較後醒、醒時寐時、難困睡入而睡不眠不夜徹至甚，醒早、酣
(2)中集難神精、憊疲神精，活生常日響影
(3)少至現出週每3續持，次3上以月個

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Review Article

The Efficacy of Acupuncture for Treating Depression-Related Insomnia Compared with a Control Group: A Systematic Review and Meta-Analysis

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Study or subgroup	Acupuncture combined with medicine Mean	SD	Total	Medicine Mean	SD	Total	Weight	Mean difference IV, random, 95% CI
Feng 2006	8.24	4.35	52	15.76	4.28	52	35.0%	−7.52 [−9.18, −5.86]
Liu 2010	9.8	1.3	30	12.8	4.1	30	35.4%	−3.00 [−4.54, −1.46]
Wang 2006	7.96	3.99	2	13.95	5.36	22	29.6%	−5.99 [−8.76, −3.22]
Total (95% CI)			*105*			*104*	*100.0%*	*−5.46 [−8.55, −2.38]*

Heterogeneity: $\tau^2 = 6.37$; $\chi^2 = 15.68$, df = 2 ($P = 0.0004$); $I^2 = 87\%$
Test for overall effect: $Z = 3.47$ ($P = 0.0005$)

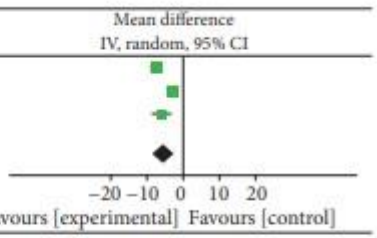

FIGURE 4: Meta-analysis for PSQI score of acupuncture combined with medicine versus single medicine. *Note*. Mean: the average of the outcomes; SD: standard deviation; total: the count of the patients; weight: the credibility of the test; IV: variance methods; random: random effects model; CI: confidence interval.

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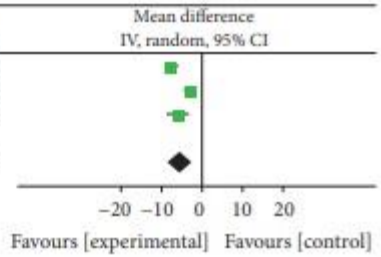
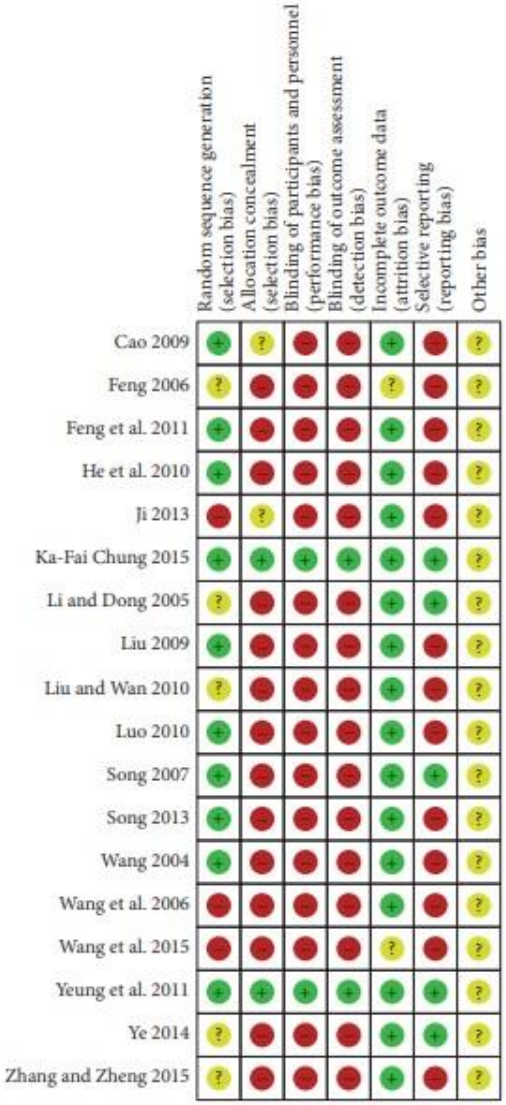
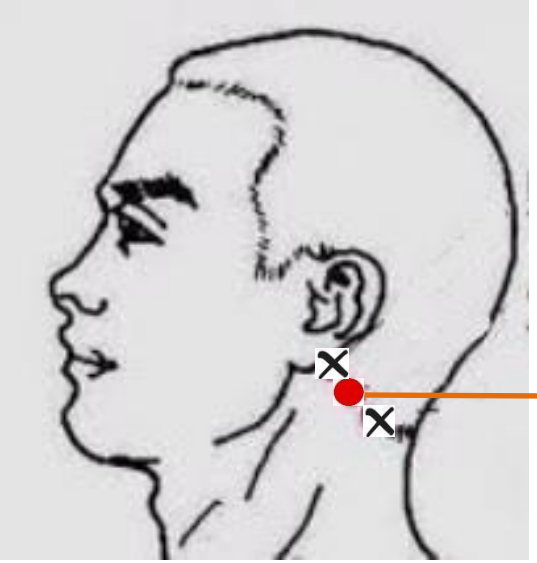


FIGURE 7: Meta-analysis of HAMD score of acupuncture combined with medicine versus single medicine. *Note*. Mean: the average of the outcomes; SD: standard deviation; total: the count of the patients; weight: the credibility of the test; IV: variance methods; random: random effects model; CI: confidence interval.



南瓜百合糖水

- 材料：南瓜1/2個、百合30克、雪耳1/2個、腰果30克
- 做法：雪耳浸發後剪細，南瓜去皮切塊，加水先煮10分鐘，再放入其他材料，水滾後煮約1小時即可
- 功效：滋陰安神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