Table of Contents

1 Physiology of Sleep

Western Physiology of Normal Sleep 1

The Functions of Sleep 1
Why Do We Sleep? 1
Physiological Processes Related to Sleep 1
Restoration/Rejuvenation 1
Anabolism and Somatic Growth 2
Development of the Brain/Ontogenesis 2
Memory and Sleep 2

Normal Sleep 2
Sleep Stages 2
Circadian Rhythm 4
Ultradian Rhythm 5
Amount of Sleep 5
Consequences of Inadequate Sleep 6
Dreams 6
Dream Theories 7

Sleep Disorders 9
Dyssomnia 9
Parasomnia 10
Secondary to Medical or Psychiatric Conditions 10

Insomnia 11
Causes of Insomnia 12
Treatment of Insomnia 12

2 Sleep in Chinese Medicine

Yin*/*Yang 13

Sleep and the Substances: *Wei Qi–Xue–Shen* ... 14
Movements of *Wei Qi*: Physical Relaxation 14
Shen: Mental Relaxation 16
Shen 神 16
Yi 意 17
Gui 鬼 18
Hun 魂, *Po* 魄 18
Xue, *Shen*, and *Hun* 19

Sleep and the *Zang Fu* 21
Heart, Sleep, and the Emotions 21
Hun, the Liver, and Dreaming 21
Sleep and the *Fu* 22

Sleep and the Extraordinary Vessels 22
Organization of *Yang* 23
Organization of *Yin* 23
Organization of Sleep 24
Time 25
Space 26

3 Insomnia

Diagnosing Insomnia 30

Etiology and Treatment of Insomnia 32
Movements of *Wei Qi* 32
Movements of Blood 35
Zang Fu Pathologies 35
Fire Phase 35
Wood Phase 37
Earth Phase 38
Metal Phase 38
Water Phase 38
Emotions 39
The Five Movements and the Five Wills 39
Management of Emotional Patterns That Disturb Sleep 40
Extraordinary Vessels 42
Insomnia Due to Seasonal Desynchronization 43
Acupuncture Points Affecting Sleep 44
Heart-*Shou Shao Yin* and Kidney-*Zu Shao Yin* Channels 44
Pericardium-*Shou Jue Yin* and Liver-*Zu Jue Yin* Channels 44
Lung-*Shou Tai Yin* and Spleen-*Zu Tai Yin* Channels 45
Large Intestine-*Shou Yang Ming* and Stomach-*Zu Yang Min* Channels 46
Small Intestine-*Shou Tai Yang* and Bladder-*Zu Tai Yang* Channels 46

aus: Montakab, Acupuncture for Insomnia (ISBN 9783131543318) © 2012 Georg Thieme Verlag KG

Triple Burner-*Shou Shao Yang* and Gallbladder-*Zu Shao Yang* Channels 47
Du Mai-Governing and *Ren Mai*-Conception Vessels 48
Extra Points for Insomnia 48
Ear Acupuncture 50
Some Classical Acupuncture Point Combinations 51
Qi Gong for Insomnia 51
Overview of Treatment Strategies 52

Case Studies 53

4 Other Sleep Pathologies

Somnolence—*Shi Shui* 嗜睡 65
Explanation and Discussion 65
Patterns and Treatment 66

Somnambulism/Sleep-walking—*Meng You* 梦游 67
Explanation 67
Patterns and Treatments 68

Sleep-talking—*Meng Yi* 梦呓 69
Explanation 69
Patterns and Treatments 69

Sleep Apnea—*Shui Mian Hu Xi Zhan Ting Zong He Zheng* 睡眠呼吸暂停综合征 70
Explanation 70
Patterns and Treatments 71
Treatment Strategies 72

Enuresis and Nocturia—*Yi Niao* 遗尿 72
Explanation 72
Patterns and Treatments 73
Treatment Strategies 74

Excessive Dreaming—*Duo Meng* 多梦 74
Explanation 74
Patterns and Treatments 75

Nightmares—*Meng Yan* 梦魇 77
Explanation 77
Patterns and Treatments 78

Night Fright/Night Terror—*Ye Jing* 夜惊 79
Explanation 79
Patterns and Treatments 80

Dreams of Flying—*Meng Fei* 梦飞 80
Explanation 80
Patterns and Treatments 81

Dreams of Falling—*Meng Zhui* 梦坠 81
Explanation 81
Patterns and Treatments 82

Sexual Dreams—*Meng Jiao* 梦交 83
Explanation 83
Patterns and Treatments 83

Circadian Rhythm Desynchronization 84
Jet Lag 84
Explanation 84
Therapeutic Protocols 85
Shiftwork 88

5 Dreams and Their Significance in Chinese Medicine

Modern Western and Ancient Eastern Theories about Dreams 89
Greek Mythology 89
Middle Eastern Traditions 89
Hindu Traditions 89
Buddhist Tradition 90
Chinese Tradition 90

Modern Dream Theories in Relation to Chinese Traditional Concepts 94
Developmental Dreams 95
Interacting Dreams 95
Transformational Dreams 96

Dreams as Reality, or Life as a Dream 98

The Significance of Dreams in the Chinese Tradition 99

Common Dream Interpretations and Therapeutic Strategies Based on the Discussions and Commentaries on Sleep and Dreams by Master Yuen 100
Dreams of Fear/Danger/Threat = Kidneys 101
General Concepts 101
Other General Points Indicated in Fear Dreams 101
Common Traditional Chinese Medicine Kidney Patterns Causing Fear Dreams 101

aus: Montakab, Acupuncture for Insomnia (ISBN 9783131543318) © 2012 Georg Thieme Verlag KG

Dreams of Home/Property/Territory/ Boundaries/Valuables = Spleen 102
General Concepts 102
General Points for Spleen Patterns 102
Common Traditional Chinese Medicine Spleen Patterns Causing Loss of Property Dreams 103
Dreams of Control/Direction/Movement/ Navigation = Liver 103
General Concepts 103
General Points for Liver Patterns 104
Common Traditional Chinese Medicine Liver Patterns Causing Control Dreams 104
Dreams of Vulnerability/Exposure = Lungs 104
General Concepts 104
General Points for Lung Patterns 105
Common Traditional Chinese Medicine Lung Patterns Causing Vulnerability Dreams 105
Dreams of Night Terrors/Ghosts = Accumulation of Phlegm 105
General Concepts 105
General Points for Phlegm Patterns 105
Common Traditional Chinese Medicine Dream-Shock Patterns Causing Night Terrors 105

The Importance of Reintegrating Dream Interpretation into Chinese Medicine 107

6 Clinical Evaluation

Clinical Study on Acupuncture and Insomnia 109
Patients 109
Methodology 110
Protocols for the Subjective Evaluation of Sleep 111
Protocols for the Objective Evaluation of Sleep 111
Results 111
Objective Evaluation by Polysomnography ... 111
Subjective Assessment of Sleep 112
Discussion and Analysis of Results 112

Other Clinical Studies on Insomnia and Other Sleep Disorders 119

Appendices

Appendix 1 124
Index of Sleep-related Symptoms and Acupuncture Points 124
Acupuncture Points Containing the Characters *Shen*, *Ling*, and *Gui* 127
Acupuncture Points Containing the Character *Shen*—神 127
Acupuncture Points Containing the Character *Ling* (Soul)—靈 127
Acupuncture Points Containing the Character *Gui* (Ghost) 鬼 128
Point Combinations for the Treatment of "Possessions" 128
Sun Si Miao's 13 Ghost Points—Treatment for Possessions 128
Worsley's Seven Dragons—for Internal and External Demons 129

Appendix 2 129
Working with Dreams, by Solange Montakab-Pont 129
Energetic and Physiological Effects of Dreams 129
The Place of Dreams in Modern Psychotherapy 130
How to Use Dreams in Psychotherapy 130
Lucid Dreaming 131
Dream Analysis 131
Integrating Dream Work into an Acupuncture Session 132

Glossary of Chinese Terms Used in the Book . 134

Bibliography

Chinese Classical Texts 137

Contemporary Texts 137

Personal Communications 143

Index 144

aus: Montakab, Acupuncture for Insomnia (ISBN 9783131543318) © 2012 Georg Thieme Verlag KG