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Perioperative Sleep Disorders

Troubles du sommeil péri-opératoires

1. Systematic Reviews and Meta-Analysis

1.1. Generic Acupuncture

1.1.1. Liu 2024

Liu Y, Li Y, Liu M, Zhang M, Wang J, Li J. Effects of Acupuncture-Point Stimulation on Perioperative Sleep Disorders: A Systematic Review with Meta-Analysis and Trial Sequential Analysis. Int J Clin Pract. 2024 Jan 4;2024:6763996. https://doi.org/10.1155/2024/6763996

Backgound	Perioperative sleep disorders exert a severe adverse impact on postoperative recovery. Recently, some observational studies reported that acupuncture-point stimulation (APS) provided benefits for promoting perioperative sleep quality. However, the effects of APS on perioperative sleep disorders following general anesthesia have not been thoroughly assessed by any systematic study and meta-analysis. Therefore, we conducted this systematic review and meta-analysis to reveal the effects of APS on perioperative sleep disorders.
Methods	Eight databases (Chinese: CNKI, VIP, CBM, and Wanfang; English: PubMed, Embase, Web of Science, and Cochrane Library) were thoroughly searched to find randomized controlled trials (RCTs) that indicated a link between APS and the occurrence of perioperative sleep disorders. We applied RevMan 5.4 (Cochrane Collaboration) and Stata 16.0 (Stata Corp) to conduct our meta-analysis. In addition, the trial sequential analysis (TSA) tool was utilized to estimate the validity and reliability of the data.
Results	In this study, **nine RCTs with 719 patients** were conducted. Compared to the control group, APS significantly improved perioperative subjective sleep quality (SMD: -1.36; 95% CI: -1.71 to -1.01; $P < 0.00001$). Besides, it increased perioperative TST (preoperative period MD = 24.29, 95% CI: 6.4 to 42.18, $P = 0.0008$; postoperative period MD = 45.86, 95% CI: 30.00 to 61.71, $P < 0.00001$) and SE (preoperative MD = 3.62, 95% CI: 2.84 to 4.39, $P < 0.00001$; postoperative MD = 6.43, 95% CI: 0.95 to 11.73, $P < 0.00001$). The consequence of trial sequential analysis further confirmed the reliability of our meta-analysis results.
Conclusion	According to the currently available evidence, APS could effectively improve perioperative sleep quality and play an essential role in decreasing the incidence of perioperative sleep disorders.

1.2. Special Acupuncture Techniques

1.2.1. Electroacupuncture

1.2.1.1. Ning 2026

Ning J, An CF, Li LM, Zhang JC, Tan T, Li HN. Effects of Perioperative Transcutaneous Electrical Acupoint Stimulation on Sleep Quality after General Anaesthesia: A Systematic Review and Meta-Analysis. J Coll Physicians Surg Pak. 2026;36(2):223-232. https://doi.org/10.29271/jcpsp.2026.02.223

Background	This meta-analysis aimed to evaluate the efficacy and safety of perioperative transcutaneous electrical acupoint stimulation (TEAS) in improving sleep quality after general anaesthesia.
Methods	A comprehensive search of relevant randomised controlled trials was conducted using PubMed, Embase, Web of Science, CNKI, Wanfang, VIP, and SinoMed by June 2024, encompassing a total of **12 studies involving 1,076 patients**
Results	The results of the meta-analysis demonstrated that TEAS significantly improved postoperative sleep quality in patients. Improvements were observed in the Pittsburgh Sleep Quality Index [MD = -1.51, 95% CI (-2.01, -1.01), p <0.001], the Athens Insomnia Scale [MD = -2.15, 95% CI (-2.81, -1.44), p <0.001], and the Insomnia Severity Index [MD = -3.04, 95% CI (-3.48, 2.59), p <0.001]. It was also associated with a higher postoperative recovery quality score [MD = 13.16, 95% CI (4.48, 21.85), p = 0.003 <0.05]. A positive correlation was identified between postoperative nausea and vomiting [RR = 0.49, 95% CI (0.36, 0.67), p <0.001] and dizziness [RR = 0.49, 95% CI (0.28, 0.84), p <0.001].
Conclusion	The existing evidence demonstrates that TEAS can effectively enhance patients' sleep quality following general anaesthesia, promote postoperative recovery, and minimise the occurrence of postoperative adverse responses.