

Effectiveness of a Yoga Nidra Meditation on Patient with Psychophysiological Insomnia (PI): A Case Report

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ABSTRACT

Introduction: There is a lack of evidence examining effectiveness of yoga nidra as a non-pharmacological medication as a treatment for psychophysiological insomnia. Aim is to check effect of Yoga Nidra on patient with psychophysiological insomnia.

Method: A 71 -year-old male having psychophysiological insomnia given Yoga Nidra as a medication as a 14-minute audio file for a week at home. Scoring of Regensburg Insomnia Scale (RIS) were taken on first and last session.

Result: There is an improvement in sleep parameters.

Conclusion: This report showed Yoga Nidra as a nonpharmacological medication has favourable enduring benefits for geriatrics suffering from insomnia.

Keywords: Psychophysiological insomnia (PI), Yoga Nidra, Rosenberg insomnia scale (RIS)

