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NEW OPTION FOR SLEEP DISORDERS CORRECTION IN ACTING MILITARY SERVICES.PSYCHOPHARMACOLOGICAL VS PSYCHOTHERAPEUTIC APPROACH.

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Introduction: Paper presents the original study on comparative analysis of psychotherapeutic and pharmacological approach for inorganic sleep disorders correction in acting military personnel.

Methods: Clinical trial is held at Therapeutic department in Zaporizhzhia Military Hospital (Zaporizhzhia, Ukraine). With informed consent we examined 44 combatants, males aged 19,4-58,1 with inorganic sleep disorders during their inpatient treatment. 20 patients, who voluntarily chose psychotherapy for sleep relief, formed Cohort 1. Cohort 2 was formed with 24 patients, who preferred psychopharmacotherapy (benzodiazepines). Average treatment course was 8.20 ± 3.83 days. Sleep quality before and after treatment was assessed via clinical interview, Pittsburg Sleep Quality Index (PSQI) and Epworth sleepiness scale rate (ESSR).

Results: Both cohorts' participants reported about sleep relief due to the shortened falling asleep time, reduced nocturnal wake-ups and early rises frequency. PSQI fell from average $11,74 \pm 3,12$ and $11,79 \pm 3,23$ before treatment to $6,12 \pm 3,42$ and $6,04 \pm 3,12$ just before discharge from the clinic in Cohort 1 and Cohort 2, respectively. Sleep improved about three days earlier in Cohort 2 comparing to Cohort 1. 9 patients (37,5 %) on medication noted worse daytime sleepiness comparing to Cohort 1 participants whose sleep improved later however it was associated with better concentration and vitality throughout the day.

Conclusions: The new developed technique for psychotherapeutic sleep correction shows almost equivalent effectiveness comparing with psychopharmacotherapy. Moreover, it has specific advantages for acting military personnel, such as absence of heavy head or daytime sleepiness and better concentration so far as these characteristics significantly affect the quality of combat mission accomplishment.

Keywords: psychotherapy technique, inorganic sleep disorders, insomnia, acting military personnel, benzodiazepines, sleep quality, daytime sleepiness, combatants.

