



## Exercise Biochemistry Review

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### Effects of Yin Yoga for Three Months on Insomnia in Menopausal Women

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**Objective** To assess changes in sleep quality before and after 3 months Yin yoga on insomnia in menopausal women, which provides a scientific and reliable theoretical basis for improving insomnia of menopausal women by doing Yin yoga exercise.

**Methods** Twenty menopausal women (year,  $48.16 \pm 3.66$ ) with non-organic insomnia who volunteered for Yin yoga were selected. They all performed the same six poses of Yin yoga at 22:00 PM. Each pose lasted for 5 min, 30 min each time, 5 times per week, and for 3 consecutive months. Before and after 3 month Yin yoga exercise, polysomnogram (PSG) and Pittsburgh sleep quality index (PSQI) were used to evaluate the improvement of insomnia.

**Results** After 3 months Yin yoga exercise, the sleep latency (SL), rem sleep latency (RL) and sleep efficiency (SE) of the insomniacs all improved, with statistically significant differences ( $P < 0.05$ ). Three months of Yin yoga exercise later, the Pittsburgh sleep quality index showed a significant difference in sleep scores compared with the start of exercise ( $P < 0.01$ ).

**Conclusions** Yin yoga exercise can improve insomnia in menopausal women and the effect is significant, worthy of promotion.