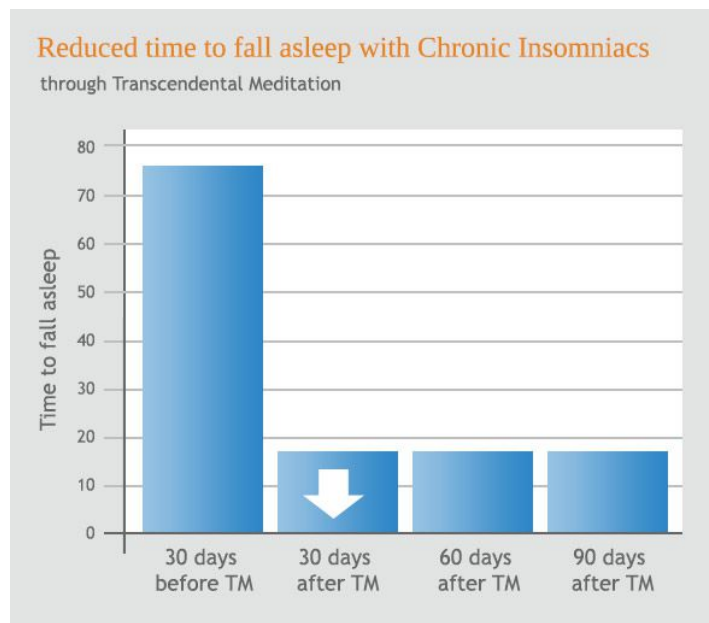


Betere slaap

De eerste studie naar de effecten van Transcendente Meditatie op slapeloosheid was een kleine pilotstudie aan de Universiteit van Alberta in Canada.

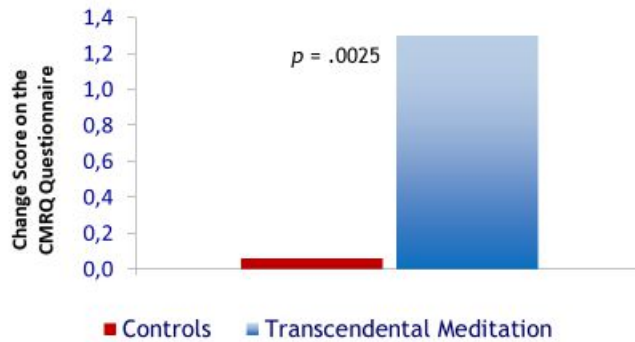
Een groep patiënten die leden aan slapeloosheid werd gevraagd om de gemiddelde hoeveelheid tijd die nodig was om in slaap te vallen te registreren, gedurende 30 dagen voorafgaand aan het leren van TM en gedurende 30, 60 en 90 dagen daarna. De gemiddelde tijd daalde van 75,6 minuten naar 15 minuten en bleef op dat moment stabiel. ($p < .001$). Een vervolgonderzoek toonde aan dat ook op lange termijn, na 1 jaar, de tijd die nodig was om in slaap te vallen stabiel bleef rond de 15 minuten



Study of executives and workers in two companies in the US automotive industry; longitudinal study before and after three months compared to controls not learning the practice. Selected findings follow.

Alexander CN, Swanson GC, Rainforth MV, Carlisle TW, Todd CC, Oates RM. Effects of the Transcendental Meditation program on stress reduction, health, and employee development: a prospective study in two occupational settings. **Reference:** *Anxiety, Stress, and Coping* 1993 6:245-262.

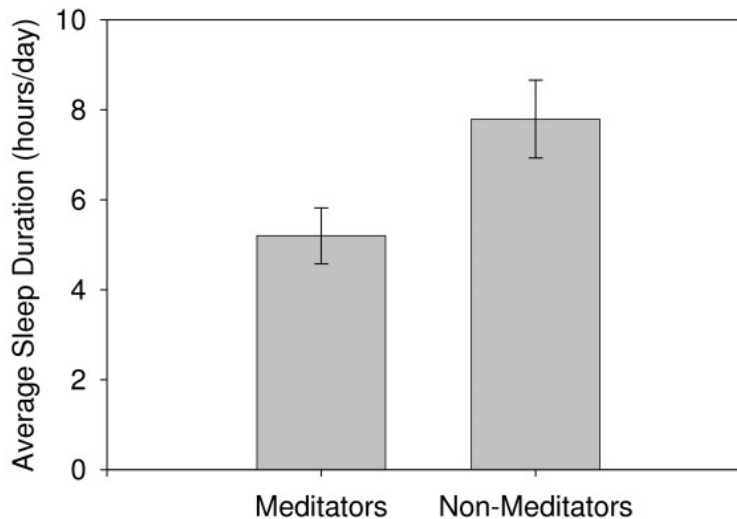
Improved Sleep Quality in Executives and Workers through the *Transcendental Meditation* technique



A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation Program, participants showed improved sleep quality in comparison to controls from the same work sites.

Reference: *Anxiety, Stress and Coping: An International Journal* 6: 245–262, 1993.

In long term meditators, multiple hours spent in meditation are associated with a significant decrease in total sleep time when compared with age and sex matched controls who did not meditate.



Average sleep duration for long-term meditators versus non-meditators in India. Meditators had significantly shorter sleep durations than non-meditators (5.2 versus 7.8 hours per day; $F_{1,28} = 54.183$, $p << 0.00001$).

Ref.: Meditation acutely improves psychomotor vigilance, and may decrease sleep need; Prashant Kaul, Jason Passafiume, Craig R Sargent, and Bruce F O'Hara, *Behavioural and Brain Functions*, 2010; 6: 47