

Effect of Transcutaneous Auricular Electroacupuncture on Sleep Disturbances in Patients With Rheumatoid Arthritis: A Randomized Double-Blind Clinical Trial

NCT06527547

Status	RECRUITING
Phase	Not Applicable
Sponsor	Juan Jiao
Enrollment	52 participants

Plain Language Summary

This study is testing whether a gentle electrical stimulation applied to the ear (called transcutaneous auricular electroacupuncture) can help people with rheumatoid arthritis sleep better. Poor sleep is a common problem for people with RA, and this trial explores a drug-free approach.

****You may be eligible if...****

- You are between 18 and 70 years old
- You have been diagnosed with rheumatoid arthritis
- You have poor sleep quality (as measured by a standard questionnaire)
- Your RA is in low activity or remission
- You are not at high risk for sleep apnea

****You may NOT be eligible if...****

- Your RA is currently very active (high disease activity)
- You are at risk for sleep apnea
- You have a pacemaker or metal implants near the ear
- You are pregnant
- You have another primary sleep disorder like sleep apnea

Talk to your doctor to see if this trial is right for you.

Key Eligibility Criteria

Inclusion (7)

- Meets the 2010 ACR/EULAR criteria for rheumatoid arthritis.
- Poor sleep quality (PSQI score ≥ 7).
- Disease activity is moderate to low or in remission (DAS28 score ≤ 5.1).
- No risk of sleep apnea (STOP-Bang questionnaire ≤ 3).
- Aged between 18 and 70.

... and 2 more (see full listing online)

Exclusion (7)

- People with acute infectious diseases, whether generalized or localized;
- Those with severe internal organ diseases (such as coronary heart disease, arrhythmia, malignant tumors, renal failure, etc.);
- Those working night shifts during the intervention period;
- Those with other rheumatic diseases such as systemic lupus erythematosus, fibromyalgia, and Sjogren's syndrome;
- Those undergoing treatment with steroids, sleeping pills, antidepressants, or antipsychotics;

<https://clinicaltrials.gov/study/NCT06527547>
... and 2 more (see full listing online)

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Locations (1 total)

Guang'anmen Hospital, Beijing, Beijing Municipality, China