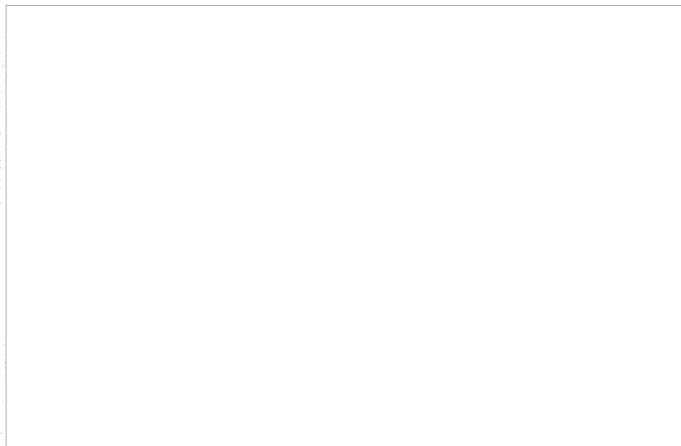




ON THE METHODS AND TECHNIQUE OF THERAPEUTIC SLEEP AT
CHILDREN'S STATIONARY HOSPITALS

Cand Med Sci L. Bogachenko

Source: Meditsinskiy Rabotnik, Vol XV, No 27 (1043),
p 2.



SECRET

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In view of the fact that administration of narcotics is particularly harmful in pediatric practice, new methods of prolonging the sleep of children for therapeutic purposes ^{has} ~~have~~ been developed by the Clinical Laboratory of Physiology and Higher Therapy of the Higher Nervous Activity of Children, Institute of Higher Nervous Activity, Academy of Sciences USSR. The treatment was applied at the rheumatic ward of a children's clinical hospital. A preliminary investigation of the children admitted to the ward established that every child suffering from rheumatism exhibited disturbances of the brain cortex dynamics. The new method of treatment that had been developed permitted prolongation of normal sleep up to 16-19 hrs. / This result was achieved by combining various procedures ^{which promote} ~~that stimulate~~ sleep inhibition: exclusion of irritating stimuli originating in the environment by bringing about rest, quiet, and darkening of the room; application of heat ~~by means of eskerite~~ to the legs and feet by using ozokerite brought to a temperature of 40°C and heaters; use of monotonous irritating stimuli (metronome, the soft noise of a buzzer, a blinking blue light). In some cases, these procedures were combined with the administration of soporifics in minimum doses. This was done in the following manner. At first, 0.05 g of bromural + 0.5 g glucose were given 1-3 times per day during 4-5 days. After this, when a conditioned reflex to the administration of the powders ^{had been} ~~was~~ established, glucose alone without bromural was given.

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