

Press release

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Basic information

Name: Kira Vibe Jespersen Email: kira@clin.au.dk Phone: 23846150

Department of: Clinical Medicine

Main supervisor: Peter Vuust

Title of dissertation: Music for insomnia

Date for defence: 16.01.2017 at (time of day): 14 Place: DNC auditorium

Press release (Danish)

Effekten af musik til forbedring af søvnproblemer

Et nyt ph.d.-projekt fra Aarhus Universitet, Health stiller skarpt på musik og søvn og undersøger, hvorvidt musik kan være et effektivt redskab til at forbedre søvnkvaliteten. Projektet er gennemført af Kira Vibe Jespersen, der forsvare det d. 16/1 2018.

Søvnproblemer er blandt de mest udbredte helbredsproblemer i vores moderne samfund. Dårlig søvn kan sænke livskvaliteten og er forbundet med en lang række fysiske og psykiske lidelser. Det er således afgørende at finde brugbare og effektive interventioner, der kan hjælpe til at bedre søvnkvaliteten.

Mange mennesker rapporterer, at de lytter til musik, når de har svært ved at sove, men det er endnu uklart, om det reelt bedrer deres søvnkvalitet. Dette forskningsprojekt undersøger, hvorvidt brug af musik ved sengetid kan være et effektivt redskab til søvnforbedring gennem en systematisk sammenfatning af den eksisterende forskning på området (Studie 1). Derudover undersøges effekten af musik på søvnkvaliteten hos traumatiserede flygtninge med søvnproblemer (Studie 2) og mennesker med diagnosen søvnløshed (insomnia) (Studie 3). I forlængelse heraf belyses de neurofysiologiske mekanismer bag søvnløshed i Studie 4, som fokuserer på ændringer i hjernens strukturelle konnektivitet.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 16/1 2018 kl. 14 i DNC auditoriet, Aarhus Universitetshospital, Nørrebrogade 44, Århus. Titlen på projektet er "Music for insomnia". Yderligere oplysninger: Ph.d.-studerende Kira Vibe Jespersen, e-mail: kira@clin.au.dk, tlf. 23846150.

Bedømmelsesudvalg:

Klinisk lektor Arne Møller (formand)

CFIN og PET Centret, Klinisk Institut, Aarhus Universitet

Professor, Head of Department. Eckart Altenmüller

Hannover University of Music, Drama and Media, Institute of Music Physiology and Musicians' Medicine, Germany

Professor and Director Bjørn Bjorvatn

Research group for General Practice, Department of Global Public Health and Primary Care, University of Bergen, Norway

Press release (English)

Music for insomnia

A new PhD project from Aarhus University sheds light on insomnia and evaluates if music is an efficient intervention for sleep problems. The project was carried out by Kira Vibe Jespersen, who is defending her dissertation on 16/1 2018.

Insomnia is highly prevalent in modern society posing a substantial burden on both individuals and society. Insomnia is associated with reduced quality of life and a number of physical and psychiatric disorders. As such, efficient interventions to improve sleep quality are highly needed.

Many people report listening to music when they have trouble sleeping, but it is still unclear if it actually improves their sleep. This research project evaluates the effect of music on insomnia by systematically reviewing the existing studies in the field (Study 1). Furthermore, we evaluate the effect of music on sleep quality in traumatized refugees (Study 2) and adults with insomnia disorder (Study 3). In study 4, we assess the neurobiological foundations of insomnia by looking at changes in structural brain connectivity.

The defence is public and takes place on 16/1 2018 at 14.00 in DNC auditorium, Aarhus University Hospital, Nørrebrogade 44, Aarhus. The title of the project is Music for insomnia. For more information, please contact PhD student Kira Vibe Jespersen, email: kira@clin.au.dk, Phone +45 2384 6150.

Assessment committee:

Associate professor Arne Møller (chair)

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