



> Holist Nurs Pract. May/June 2018;32(3):160-166. doi: 10.1097/HNP.0000000000000266.

# Effectiveness of Integrative Restoration (iRest) Yoga Nidra on Mindfulness, Sleep, and Pain in Health Care Workers

Eva Livingston <sup>1</sup>, Katreena Collette-Merrill

Affiliations + expand

PMID: 29642130 DOI: 10.1097/HNP.0000000000000266

## Abstract

This article examines the effectiveness of Integrative Restoration (iRest) Yoga Nidra meditation on mindfulness, sleep, and pain in health care workers. As health care workers provide emotional support to patients, it is not uncommon for workers to experience both physical and mental exhaustion. One holistic approach to support employees is mindfulness training. iRest Yoga Nidra is a complementary and integrative health therapy that increases mindfulness. A pre-/postintervention descriptive survey design was used. Before and after experiencing iRest meditation, participants completed a 51-item questionnaire consisting of demographics plus 3 validated instruments: the Five-Facet Mindfulness Questionnaire (FFMQ), the Epworth Sleepiness Scale (ESS), and Department of Defense/Veterans Administration (DoD/VA) Pain Supplemental Questions (PSQ). A total of 15 participants completed both questionnaires. Postintervention FFMQ scores were significantly higher than preintervention (z = -3.294, P = .001). The highest subscale scores were "acting with awareness" and "nonjudging of inner experience." There was a not a significant difference in the mean ESS scores at baseline and follow-up. However, there was a strong negative correlation between the mean ESS improvement score and the number of weeks attended (rs = -0.705, P = .003). There was a not a significant difference in the mean pain baseline and follow-up scores. This study showed significant improvement in mindfulness of health care workers following a guided 8-week iRest Yoga Nidra program. The results of this study may provide some insight into helping health care workers deal with the demands of their profession in a positive manner, thus leading to an improved workplace environment.

## Similar articles

[iRest yoga-nidra on the college campus: changes in stress, depression, worry, and mindfulness.](#)

Eastman-Mueller H, Wilson T, Jung AK, Kimura A, Tarrant J.

Int J Yoga Therap. 2013;(23):15-24.

PMID: 24165520

[iRest Meditation for Older Adults with Depression Symptoms: A Pilot Study.](#)

Wahbeh H, Nelson M.

Int J Yoga Therap. 2019 Nov;29(1):9-17. doi: 10.17761/2019-00036. Epub 2018 Oct 24.

PMID: 30354905 Clinical Trial.

[iRest Meditation for Older Adults with Depression Symptoms: 6-Month and 1-Year Follow-up.](#)

Wahbeh H, Fry N.

Int J Yoga Therap. 2019 Nov;29(1):51-56. doi: 10.17761/2019-00029. Epub 2019 Jan 21.

PMID: 30664388

[A Systematic Review and Meta-Analysis of Yoga and Mindfulness Meditation in Prison.](#)

Auty KM, Cope A, Liebling A.

Int J Offender Ther Comp Criminol. 2017 May;61(6):689-710. doi: 10.1177/0306624X15602514. Epub 2015 Aug 28.

PMID: 26320031 Review.

[Meditation and mindfulness in clinical practice.](#)

Simkin DR, Black NB.

Child Adolesc Psychiatr Clin N Am. 2014 Jul;23(3):487-534. doi: 10.1016/j.chc.2014.03.002.

PMID: 24975623 Review.

[See all similar articles](#)

## Cited by 2 articles

[Viral Respiratory Infections: An Ounce of Prevention Is Worth a Pound of Cure.](#)

Patchett D, Yang J, Northern J, Salinas M, Bauer BA.

Mayo Clin Proc Innov Qual Outcomes. 2021 Apr;5(2):480-485. doi: 10.1016/j.mayocpiqo.2020.12.008. Epub 2021 Feb 6.

PMID: 33585798 Free PMC article. Review.

[Impact of Somatic Yoga and Meditation on Fall Risk, Function, and Quality of Life for Chemotherapy-Induced Peripheral Neuropathy Syndrome in Cancer Survivors.](#)

Galantino ML, Tiger R, Brooks J, Jang S, Wilson K.

Integr Cancer Ther. 2019 Jan-Dec;18:1534735419850627. doi: 10.1177/1534735419850627.

PMID: 31131640 Free PMC article. Clinical Trial.

## MeSH terms

- > Adult
- > Female
- > Health Personnel / psychology\*
- > Humans
- > Male
- > Meditation / methods\*
- > Middle Aged
- > Mindfulness / methods
- > Mindfulness / standards
- > Pain Management / methods
- > Sleep Wake Disorders / therapy
- > Surveys and Questionnaires
- > Treatment Outcome\*
- > Yoga / psychology\*

## Related information

[MedGen](#)

## LinkOut - more resources

### Full Text Sources

- [Ingenta plc](#)
- [Ovid Technologies, Inc.](#)
- [Wolters Kluwer](#)

### Other Literature Sources

[scite Smart Citations](#)

## FOLLOW NCBI

