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# Ann Gill Taylor

**Executive Editor**  
**Journal of Yoga & Physical Therapy**

# Biography

- My disciplined line of research for more than two decades was in the management of pain; however, in the last decade my scholarship has expanded to include assessment of the efficacy, safety, and cost effectiveness of selected complementary health-enhancing modalities with particular emphasis on the role of individual differences in the efficacy of selected modalities.
- I founded and directed a Center for the Study of Complementary and Alternative Therapies at the University of Virginia for two decades (1993-2013), which had as its priority exploring complementary health-enhancing approaches within the context of rigorous science, educating and training graduate students and fellows, and disseminating evidence-based information to other professionals and to the public.

# Biography

- I have conducted research within cancer populations and symptom management in a number of populations using therapeutic massage, pulsed electrical stimulation, and contemplative practices such as yoga, qigong, and meditation.
- My current research interests continue to be in self-symptom management using complementary health-enhancing therapies, including yoga in chronically ill patient populations, and the influence of behavioral interventions in self-management of type 2 diabetes mellitus.
- I am also co-investigator and mentor on a project investigating mild cranial electrical stimulation for symptom reduction in persons with restless legs syndrome (PI, Yost).

# Research Interest

Complementary practices and products use including Mind-body and Bioelectromagnetic modalities; Clinical studies to address pain, anxiety, depression and sleep disturbances in multiple populations.

# Recent Publication

- Brotherton CS, Taylor AG, Bourguignon C, Anderson JG (2014) A high-fiber diet may improve bowel function and health-related quality of life in patients with Crohn disease. *Gastroenterol Nurs.* 2014 May-Jun;37(3):206-16. doi: 10.1097/SGA.0000000000000047.
- Adelstein KE, Anderson JG, Taylor AG (2014) Importance of meaning-making for patients undergoing hematopoietic stem cell transplantation. *Oncol Nurs Forum.* 2014 Mar 1;41(2):E172-84. doi: 10.1188/14.ONF.E172-E184. Review.

# Sleep disorder

- A sleep disorder, or somnipathy, is a medical disorder of the sleep patterns of a person or animal. Some sleep disorders are serious enough to interfere with normal physical, mental, social and emotional functioning. Polysomnography and actigraphy are tests commonly ordered for some sleep disorders.



# Sleep disorder

- Disruptions in sleep can be caused by a variety of issues, from teeth grinding (bruxism) to night terrors. When a person suffers from difficulty falling asleep and/or staying asleep with no obvious cause, it is referred to as insomnia. Sleep disorders are broadly classified into dyssomnias, parasomnias, circadian rhythm sleep disorders involving the timing of sleep, and other disorders including ones caused by medical or psychological conditions and sleeping sickness.



# Sleep disorder

- Other disorders include sleepwalking, night terrors and bed wetting. Management of sleep disturbances that are secondary to mental, medical, or substance abuse disorders should focus on the underlying conditions. Insomnia is characterized by an extended period of symptoms including trouble with retaining sleep, fatigue, decreased attentiveness, and dysphoria. To diagnose insomnia, these symptoms must persist for a minimum of 4 weeks.





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# Journal of Yoga & Physical Therapy

- Ayurveda,
- Yoga,
- Clinical Toxicology,
- Forensic Medicine
- Sleep disorder



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