

CARBON DIOXIDE SLEEP TREATMENT

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February 15, 1950

Value - Carbon dioxide (CO_2)* sleep treatment tends to relieve the pressure causing various kinds of nervousness. Most people have dreams during the treatment and these give the doctor information which he can use to help lessen the person's nervousness.

Safety - The treatments can be repeated at ten minute intervals if the doctor sees indication for two or more treatments in one session. The person is able to return to his daily routine within a few minutes after the treatment without loss of efficiency.

Preparation - The person should go to the toilet before the treatment. His clothing should be loose and comfortable. The mouth should be empty, but well-fitting false teeth may be left in place. Women often prefer to wear slacks for the treatment.

Procedure - The person breathes a mixture of carbon dioxide and oxygen, beginning with a 20% CO_2 - 80% O_2 mixture. The mixture is regulated by the doctor so that sleep usually begins at about the fifteenth breath, but the mask is left on until deep sleep occurs indicated by a slight tremor and a secondary slowing of breathing. This point is usually reached after the person has taken thirty to fifty breaths. Then the mask is removed and the person wakes up gradually, the whole treatment lasting only about three minutes.

Reactions - During the treatment the person breathes faster, his heart beats faster, and he perspires. Sometimes the unconscious** tensions cause temporary breath-holding, struggling, or moans or outcries in addition to the dreams.

Group Treatment - In order to save time the treatments can be given to four or five people in each other's presence. When the persons are awake they are asked to report their dreams. If the dream is too personal for group discussion, the person can ask to wait till there is time for a private interview with the doctor.

* CO_2 is a part of the air we breath and is used by the body to regulate breathing, etc.

** Unconscious, as used here, refers to that part of the brain which affects our thoughts, feelings and actions without our knowing it at the time.