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REFLEXOLOGY

REFLEXOLOGY AND SLEEP

We all know how it feels to have one night of poor, disturbed sleep. Many of us know how it feels for this to be a regular occurrence. This can hinder our day to day functioning, as well as adversely affecting our health and longevity.

Sleep plays many important roles in our wellbeing and health, impacting our -

- Immune system
- Memory
- Energy
- Creativity
- Mood
- Concentration
- Relationships
- Sex drive
- Cardiovascular health

We need between 6.5 – 8 hours of sleep per night to be able to get up the next morning and function optimally, allowing our body to rest and regenerate. Reflexology can help break the cycle of sleepless nights and the inability to achieve sufficient sleep, whether this be due to difficulties with falling asleep or staying asleep.

Reflexology can provide a natural way of balancing the body and mind. It can decrease tension and increase relaxation which allows the body to restore and recover.

Lack of sleep takes its toll on the body, both physically and mentally, which can become significantly debilitating to our health. Poor sleep patterns can have the following impact

- Weakened immune system increasing susceptibility to illness and disease;
- Decreased metabolism;
- Decreased ability with decision making, problem solving and overall memory;
- Lack of energy, poor concentration and the inability to focus;

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- Decreased creativity and alertness leaving us feeling depleted and lacking motivation;
- Low mood and mental health issues;
- Negatively impacting our our relationships, both at home and in the work place;
- Decreased, or lack of sex drive;
- Increased risk of cardiovascular issues which include hypertension, diabetes and heart disease.

Overall, reflexology has the ability to promote the healing process in the body, assist with mental health issues. Reflexology can help break the vicious cycle of poor sleep. Quite often, insomnia is caused by other underlying lifestyle issues which can be discussed and addresses during our initial reflexology session.

Your reflexology session to assist with improving sleep patterns may focus on -

1. Facilitating the parasympathetic nervous system (the "rest and digest" system) which initiates your body's relaxation response to decrease the heart rate and breathing, aid digestion and instilling calm which will promoting rest and wellbeing.
2. The Endocrine System which is closely linked with the nervous system, which impacts our emotions, circadian rhythm and sleep patterns. This includes the thyroid, hypothalamus, pineal gland, pituitary gland and adrenal glands which are all closely linked with switching off the "stress" hormones.

If sleep is proving to be an issue impacting your lifestyle and wellbeing, get in touch for a free telephone consultation and to further understand how reflexology can help.

There is research to support reflexology in the benefit of sleep across a wide range of health areas.

To find out more –

1. [Can foot reflexology be a complementary therapy for sleep disturbances? Evidence appraisal through a meta-analysis of randomized controlled trials](#)

Huang Hui-Chuan; Chen Kee-Hsin; Kuo Shu-Fen; Chen I.-Hui.
First published 8th December 2020

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2. [The effects of Reflexology on sleep disorder in menopausal women](#)
Maryam Asltoghiri; Zahra Godsi
First published 2012
3. [Comparing the Effects of Reflexology and Footbath on Sleep Quality in the Elderly: A Controlled Clinical Trial](#)
Leila Valizadeh; Alehe Seyyedrasooli; Vahid Zamanazadeh; Khadijeh Nasiri
First published November 2015