

P-1359 - THE IMPACT OF FOOT REFLEXOLOGY ON SLEEP INDUCTION IN PATIENTS SUFFERING FROM SLEEPING DISORDERS

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Objective: The purpose of this study was to test the impact of foot reflexology (FR) on sleep architecture in patients suffering from sleeping disorders.

Aims: Try to improve sleep quality in patients with sleep disorders using the foot reflexology.

Methods: A controlled interventional study in which volunteers (n = 10) were their own control. Each subject received one 20min FR session during their three nights in the sleep laboratory. Randomly, FR was performed during night 2 or night 3. A polygraph was used to measure these changes in sleep architecture throughout the night and a visual analogue scale (VAS) completed the measurements, in the morning, to subjectively determine the sleep quality.

Results: The sleep architecture measured by polygraphy showed no statistically significant difference in percentage between nights with and without FR. However, a tendency to increase sleep latency and duration of nocturnal awakening was recorded insignificantly. The VAS sleep quality increased highly significantly with FR (p = 0.0059).

Conclusion: According to the patients' feelings, FR induced an improved sleep quality, while the polygraph measures showed no change. This suggests that FR stimulates endogenous factors causing a feeling of well-being and comfort in those patients.