

**Subject:**

Insomnia

**Study****Conducted:****Country:Institution:**

China

The Women and Infantile Health  
Centre of  
Inner Mongolia

**Citation:**

Gao, W., Wang, Z., and Liu, H.(1996). "Preliminary Exploration of Treatment for Insomnia." 1996 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 7-8.

**Synopsis:**

70 patients with insomnia were given foot reflexology. Group A was given 10 sessions twice a day and Group B was given 10 sessions once a day. Group A showed 88.57% improvement after five days and 100% after ten days. Group B showed 22.86% improvement after 5 days and 91.43% after 10 days..

**Conclusion:**

Foot reflexology was found to be effective for the relief of insomnia. .

Reflexology Research provided courtesy of the  
[American Academy of Reflexology](#), Bill Flocco, Director.