

Subject:

Insomnia

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

China

Not indicated.

Citation:

Tian, H. (1996). "A Newly Discovered Reflex Area for Treating Insomnia - Discussion and Observation on Its Therapeutic Effect." 1996 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 9-12.

Synopsis:

322 cases with insomnia were given foot reflexology. One group focused on the 5th toe site and the other group focused on the old heel point. The results showed that working on the 5th toe was more effective.

Conclusion:

Reflexology was found to be effective for the relief of insomnia.

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