

**Subject:**

Sleep, Falling Asleep, Going Back to Sleep

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

France

Not indicated.

**Citation:**

Vasseur, C., "Difficulty in Sleeping or Going Back to Sleep." Paris, France . (Publication details not available.)

**Synopsis:**

15 patients, with sleeping disorders were given foot reflexology sessions. Five had psychotherapy. Results: All were able to decrease or stop their sleeping medication after the sessions.

**Conclusion:**

Foot reflexology was found to be effective for relief of difficulty falling or returning to sleep.

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