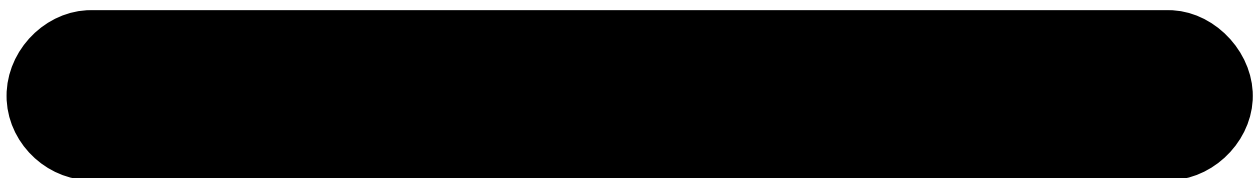
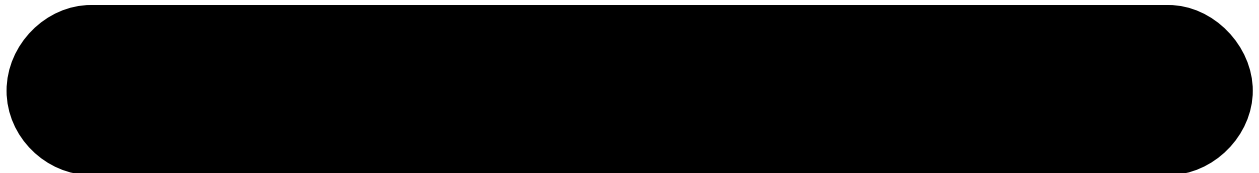


[?How does massage help insomnia](#)

What is the effect of massage on insomnia? Does getting a massage really improve the quality of people's sleep? Quality of sleep is very important for health and well-being. According to the Center for Disease Control (CDC), insufficient sleep causes some diseases such as diabetes, cardiovascular diseases, obesity, and depression. Stay with [Nilofare Abi](#) to learn more about how massage can help insomnia.

What are the benefits of massage for insomnia?



Considering that millions of people are affected by some form of sleep disorder every day, it makes sense to look for a solution for better quality sleep and more rest. While everyone needs a different amount of sleep to function properly, most adults should get between 7 and 9 hours of sleep per day.

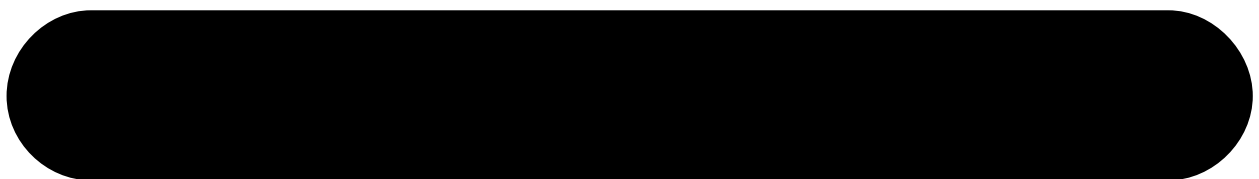
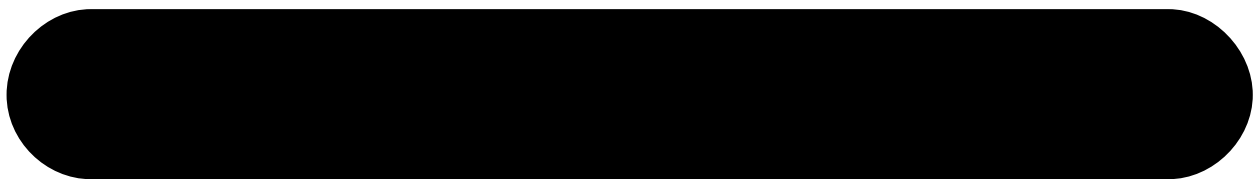
However, many people cannot get enough sleep and suffer from sleep disorders.

Instead of lying in bed every night counting the minutes on the clock, there are ways that can help treat insomnia. Treating insomnia with [massage](#) can be one of the best solutions. When you get a massage, it causes lower blood pressure, pain, and stress, and increased serotonin production to create more relaxation.

Also, the effect of massage on insomnia occurs by reducing stress, which is one of its benefits. Massage is relaxing and this helps us to sleep easily. During the massage, your muscles are relaxed and this issue will be effective in improving the quality of sleep.

Even if you suffer from headaches and this issue has disturbed the quality of your sleep at night, massage can help it too. When you get a massage, your body releases tension and increases circulation, which reduces or eliminates pain. In general, massage can help with sleep disorders in many cases. Learn more about these items below.

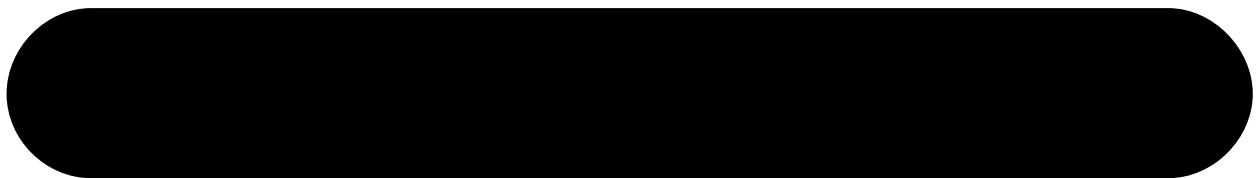
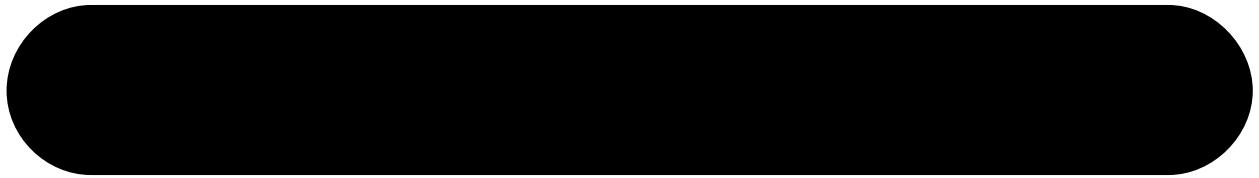
Massage effect on different people



Research shows that massage can improve sleep on these people:

- - Patients with mental disorders
- - Hospitalized people
- - People with back pain
- - Patients with cerebral palsy
- - Insomnia treatment with massage
- - Cancer patients
- - Babies with sleep disorders
- - People with migraine
- - The elderly

What is the best type of massage for insomnia?



There are different types of massage to treat insomnia and improve sleep quality. Try to get a massage in a reputable center and ask the therapist and its consultants for advice on which type of massage is best for you.

Research shows that massage therapy can help sleep disorders. Massage can help you sleep better, sleep less disturbed, and even relieve insomnia.

However, some of the most popular massages for treating insomnia include Swedish massage and hot stone massage. Massage techniques have a relaxing effect on the body. Swedish massage, performed with light and long strokes, is ideal for relaxation.

As the body relaxes, your stress level will decrease and this will have a direct effect on reducing the level of cortisol, the stress hormone, in your body. Massage helps release serotonin, a chemical that

promotes feelings of happiness. The release of serotonin increases the production of melatonin, a hormone that regulates sleep.

In the hot stone massage, which is one of the most popular massages in the world, the therapist uses basalt stones to help relieve muscle cramps and reduce deep tensions. Some of benefits of hot stone massage, include its effect on insomnia, depression, reducing stress, back pain, etc.

In fact, a relaxing massage increases the production of melatonin, which leads to improved sleep quality and eliminates insomnia. However, not all types of massage are ideal for treating insomnia. Massage methods with slow, long and smooth strokes work better in this field. Whereas massages such as deep tissue massage or sports massage will have the opposite effect because they stimulate the body.

Treatment of insomnia with massage

Massage therapy can be suitable for almost anyone who needs to improve their sleep. People suffering from insomnia, back pain, migraine and even the elderly and children can benefit from massage therapy. If you have trouble falling asleep or staying asleep, booking a massage session can be a helpful way to treat your insomnia.