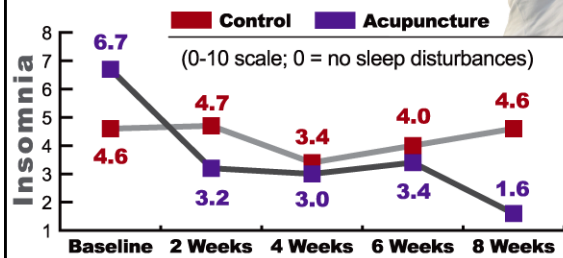


Acupuncture for Insomnia During Pregnancy

In a recent study designed to quantify the effect of acupuncture on pregnancy-related insomnia, 10 women (the control group) were taught proper sleep habits (avoiding stimulants and heavy meals, setting up a bedtime ritual, etc.), while 12 women (the acupuncture group) received training in sleep habits, as well as between nine and 12 acupuncture sessions, with each session lasting 25 minutes.



Source: Guerreiro da Silva JB, Nakamura MU, Cordeiro JA, et al. Acupuncture for insomnia in pregnancy: a prospective, quasi-randomized, controlled study. *Acupuncture in Medicine* 2005;23(2) 47-51.