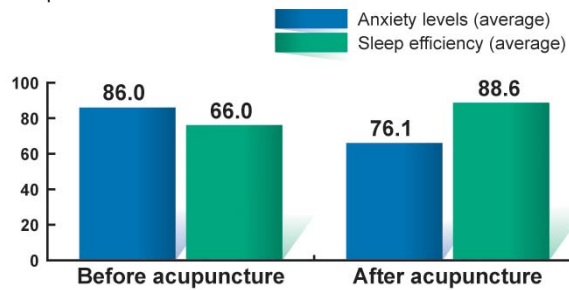


Acupuncture Promotes Sleep in Insomnia Patients

Eighteen adults suffering from anxiety and insomnia were treated with acupuncture twice a week for five weeks. One week before and after treatment, they were given a battery of tests to determine changes in melatonin, sleep quality, total time spent asleep, and other variables. Anxiety levels were significantly lower, while sleep efficiency and nighttime melatonin levels increased, in the week following the last acupuncture session.



SOURCE: Spence DW, Kayumov L, Chen A, et al. Acupuncture increase nocturnal melatonin secretion and reduces insomnia and anxiety: a preliminary report. *J Neuropsychiatry Clin Neurosci* Winter 2004;16(1):19-28.