

## REFLEXIVELY MASSAGE IN SLEEP EFFICIENCY

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**Keywords:** Lifestyle - reduced hours of sleep, consequences, recovery methods and efficiency of reflex massage of people suffering from sleep disorders.

**Abstract:** This article presents a study that is based on questioning and observing certain categories of respondents directly involved with the research subject namely to establish conclusive elements and the possibilities of generalization in the composition and content of the schemes used in the application of manual therapy (massage reflex disorders) in the recovery of people suffering from sleeplessness due to daily stress, depression or other causes.

### **Introduction**

Today, the lifestyle of modern man is so alert and so full of worry that his permanent central nervous system is energized continuously, is excited by the multitude of stimuli received from natural and social environment.

Not infrequently this nervous tension continues its effect on the psyche and our body long after the source voltage no longer act, which makes the bustle society to manifest even during the night.

Failure sleep hygiene will lead to changes in all physiological functions of the body, and will manifest both behavioral (irritability, depression, decreased ability to concentrate) and in terms of maintaining physical and mental performance

The main reason for choosing this theme of the study was the large number of acquaintances who have problems with sleep disorders, disorders that were caused by daily stress, lifestyle, work environment and bad diet.

After various statistics studied in bibliographical sources, over 15-20% in different samples of the population suffers from various forms of insomnia. Other statistics show that billions of boxes, tablets or drugs are

ingested annually in the world only because of this problem, and 10% of all prescriptions dispensed annually in some countries aimed exclusively sleeping pills.

We designed this work and in the hope of finding new ways to combat insomnia, finding the most effective ways of association means of massage and complementary techniques, their application and to detect the extent to which this mode leads to considerable better results, faster and more sustainable to improve life for people suffering from this disease.

### **The theoretical substantiation**

Man spends one third of their lives sleeping. Sleep is of fundamental importance for humans, being a necessity of life, its role in maintaining health is just as important as that of air, food and water.

After L. Popoviciu (1972) Sleep is of two types:

- Sleep slow, classical, slow brain waves, or sleep "orthodox" as he calls Oswald (1965);
- Sleep rapid (SR), paradoxical sleep (PS), sleep fast cortical activity, "activated sleep" (Dement) Hess (quoted by L. Popoviciu, 1972) understands sleep as the "integrative physiological function" as a basic phenomenon of existence, as a "basic condition of life."

Sleep cycle consists of a period of slow wave sleep (last 6:00 to 6:00 and 30 minutes) and a REM sleep period that is deemed to be "sleeping unit" (jumatete an hour to two hours) .

After L. Popoviciu (1972) demonstrated that lack of sleep causes some important biochemical disorders, behavioral, psychological and EEG, due to either lack of SL, or the lack of REM sleep.

According to experts there can be a total and persistent insomnia, lack of sleep is not complete and compatible with long life.

### **Insomnia**

The term "insomnia", considered strictly "literally" is inaccurate, since in most cases it is not a complete lack of sleep, but only a partial failure. The correct term is "hiposomnie" but universally used term "insomnia", available in the medical literature everywhere. According to the literature, insomnia is a disorder of the nervous mechanism regulating sleep-wakefulness center, which is manifested by lack of sleep, is often encountered in asthenia or mental illness.

It should be kept in mind that the term insomnia is not a specific diagnosis but rather a symptom or group of symptoms that characterize a poor quality of sleep.

Affected system: central nervous system.

Incidence / Prevalence: frequency condition: almost 50% of the population aged over 16 years had episodic sleep disturbances.

The prevalence of age: more common in old age.

The prevalence of sex: Men < Women. (www.jurnalul.ro-2004)

Signs and symptoms:

- Insomnia sufferer accuses combined with sleepiness and decreased work capacity during the day.
- Inability to sleep conditional desire or decision and a normal transition to sleep during relatively monotonous occupations, such as reading or watching TV etc.
- Accuse nonreparator sleep.
- "Insomnia is one of the most common disorders of the body characterized by difficulty falling asleep, frequent awakenings morning, fatigue, irritability, disturbance in attention and memory, decreased job performance" (George M., www.jurnalul.ro, 2004 ).

Often, sleep disorders associated with the intervention of a stressful life event (conflict situations, professional problems, frequent travel with jet lag, divorce, etc) - INSOMNIA casual or transitional, generally not exceeding one week in duration.

Sometimes, insomnia is associated with somatic diseases (pulmonary, cardiovascular, endocrine and neurological) or psychiatric (anxiety, depression, addiction to alcohol, drugs) - INSOMNIA becomes chronic. In these cases, the duration of insomnia exceeds 4-6 weeks.

### **Effects on reflex massage insomnia**

Reflex massage is a method that is based on the effect of stimulation of peripheral neurons, stimulation acting a cutout-musculo-visceral reflex.

The therapeutic effects achieved by the reflex massage

- locally has circulatory action (direct and / or indirect immediate subcutaneous tissue

- away, massage works through the nervous system and can trigger nerve impulses that generate regulatory reactions to the organs affected. He also influence and driving functions, secretory and circulatory internal organs.

The therapeutic effects of massage reflex its open them a wide field of application (after Mârza D., 2003).

- rebalancing autonomic generally obtained through "base building"
- clear influence on the parasympathetic during application "base building", causing relaxation of the patient, critical effect in the treatment of most diseases called "civilization", due to modern ambience that attracts and functional nervous disorders.
- its regulatory effects on vegetative centers respiratory, cardiac and sleep you are striking.

The research took place over a period of 10 months, experimental work being carried out at the residence of five selected patients, who are taken into observation and treatment by massaging reflex.

As the research methods used documentation, observation, survey, case study, testing and evaluation, experiment, recording, processing and graphical data.

## **METHODS OF TESTING AND EVALUATION**

### **" HAMILTON'S DEPRESSION SCALE**

• Last name:

• DATA:                      DOSAGE: Item (0-16)

Track:

- 1. depressed mood (sadness, feeling of being hopeless, helplessness, )
- 2. insomnias of NIGHT BEGINNING
- 3. sleeplessness at midnight
- 4. insomnias MORNING
- 5. WORK AND ACTIVITIES
- 6. FAT LOSS (assessed by weighing).

TOTAL SCORE

### **Experimental methodology followed to achieve the objectives**

Reflex massage technique (Dicke method) is based on the stimulation of the body surface by stretching one of the three layers of connective tissue, this tension was obtained by placing two fingers (medius and ring

finger) on the skin and moving tissues depending on the maximum extensibility.

Reflex massage was performed with the patient in a sitting position and started with the construction of the base - which was performed in lumbar and sacral region (between the tailbone and the twelfth dorsal vertebra), namely:

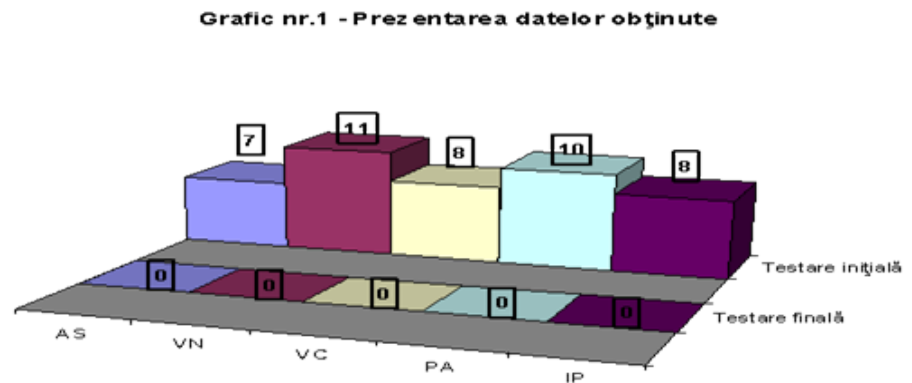
- Stage I - the twelfth dorsal vertebra to the seventh dorsal;
- Stage II - from the seventh dorsal to the seventh of the cervical;
- Stage III - from the seventh cervical to the base of the skull.

After base construction and work continued at the shoulder, arm, forearm and hand.

At the shoulder were executed with both hands stretching meaning axillary region. The arm were performed on small trails joint capsule, deltoid and biceps muscles. At the elbow were performed on small trails cross the elbow flexion crease. In the hands were executed paths interosseous spaces.

## PRESENTATION AND INTERPRETATION OF DATA

Their recovery program was very well developed in the causes that led to insomnia to combat sleep disorders applied reflex massage



### **Individual form**

#### **General information about the patient.**

Name: V.

Name: Cristina

Gender: female

Age: 26

Profession: housewife

**Clinical diagnosis:** insomnia

#### **History**

Insomnia was installed to patient due to lack of sleep. After birth the patient had disturbed sleep schedule repeatedly breastmilk and felt depressed.

Results of initial tests performed: Hamilton's depression scale

TOTAL SCORE: 8

#### **CONCLUSIONS**

During the experiment it was intended to achieve the objectives in the initial stage can achieve .It thus establishing conclusive elements and possibilities of generalization in terms of composition and content schemes used in applying manual therapy (massage reflex) in the recovery of people suffering of insomnia due to depression or other causes.

Using massage reflex (Dicke method) in the treatment of depressive sleep disorders home has favorable effects in the recovery of persons in this situation, resulting in improved sleep and extending lifespan.

Linking actions as many factors involved in the therapeutic process to effect recovery both initial and final examinations and to establish programs themselves, resulting in improved efficiency and faster achievement of the objectives

As a general conclusion it can be said that by applying reflex massage in treating sleep disorders yielded optimal results. But these results can not be obtained if reflex massage is not associated with a healthy lifestyle, balanced, without excesses.

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**Titlu:** Eficiența masajului reflex în insomnii

**Cuvinte cheie:** Stilul de viață – reducerea orelor de somn, consecințele acestuia, metode de recuperare și eficiența masajului reflex a persoanelor care suferă de insomnii.

**Rezumat:** Acest articol prezintă un studiu ce are la bază chestionarea și observarea unor categorii de respondenți direct implicați în problematica supusă cercetării și anume stabilirea unor elemente concluzive și cu posibilități de generalizare în cea ce privește alcătuirea și conținutul schemelor folosite în aplicarea terapiilor manuale (masajul reflex conjunctiv) în recuperarea persoanelor care suferă de insomnii datorate stresului zilnic, a depresiilor sau a altor cauze.