

Can massage help me sleep?

There has been a plethora of research in recent years around the importance of a good night's sleep.

From mental health to physical health benefits, sleep is increasingly being shown to be an essential part of managing our health and well-being. It seems that life is getting increasingly busy and many of us are simply not getting enough quality sleep. Studies report that up to a third of the adult population is not getting enough sleep.

Even worse, lack of sleep is being linked to increased risk of developing diabetes, increased blood pressure, obesity and even heart disease.



Regular remedial massage or sports massage has been shown to decrease depression and anxiety levels and improve sleep quality, perhaps because they trigger the release of serotonin, a neurotransmitter that can help you feel calm. The benefits of sports massage and remedial massage have been shown to extend to children and adolescents as well.



Regular remedial massage and sports massage will also result in improved blood flow to the muscles, allowing for better recovery and regeneration. By decreasing painful adhesions and knots in the muscle, massage will often result in improved comfort of the muscular system generally, resulting in decreased likelihood of sleep disturbance.

So, if you're kept up at night worrying about financial problems, a rocky relationship, or other stressful issues, or simply a little sore and tender from regular training and exercise, a massage may be the key to sounder sleep. So, if you're not sleeping well, contact the practice today to book an appointment with one of our highly experienced remedial and sports massage therapists and get on your way to better health through better sleep.

[Book now](#)