

Harrison Clinic Reach Magazine Article February 2013

Sleep – often taken for granted, unless you can't get it. Lack of sleep can lead to chronic health issues, and getting a good night's rest is one of the best pieces of health advice you can follow.

According to a survey commissioned by The British Acupuncture Council over two thirds of people in the UK are getting less than the recommended eight hours of sleep a night with money worries, work and needing the toilet causing the most unrest. People here in the South East get the least amount of sleep, only 6 hrs per night, well below what is needed for health and 1 in 12 were classified as insomniacs. In clinical trials, acupuncture was found to be significantly more effective in helping with sleep problems than conventional hypnotic drugs, without the level of side-effects or dependency. One size certainly doesn't fit all, and traditional acupuncture understands that each person is an individual, identifying and treating their underlying imbalances.

Among the 82% of us who admit to sleeping troubles or insomnia, many of us are not enjoying the benefits of this ancient Chinese medicine. With 2.3 million acupuncture treatments carried out each year, traditional acupuncture is one of the most popular complementary therapies practised in the UK today. Yet statistics show that 1 in 5 of us would only consider acupuncture for sleep as a last resort. Almost a quarter of people admit they didn't realise acupuncture could benefit them despite its widely recognised health benefits.

Clare Venters Smith a member of the British Acupuncture Council and practitioner at The Harrison Clinic comments:

“Traditional acupuncture is known to be enormously beneficial for helping to correct sleep problems. Most people find treatment wonderfully relaxing, as acupuncture is known to calm the nervous system and also increase endorphin production.

Traditional acupuncture is a natural system of healing that has been practised for over 2,500 years. It is a safe and effective treatment that involves inserting sterile needles, no bigger than a human hair, painlessly at specific points on the body. At some point in our lives, we all experience periods of disturbed sleep, many patients find a course of traditional acupuncture can be extremely beneficial to ease them through these times.”

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The Harrison Clinic