Sleep problems in infants decrease following massage therapy

**Conclusion:**
Infants who were massaged before bedtime showed fewer sleep delay behaviors than the non-massaged control group.


**Method:**
Infants and toddlers with sleep onset problems were given daily massages by their parents for 15 minutes prior to bedtime for one month.

**Results:**
Based on parent diaries the massaged versus the control children (who were read bedtime stories) showed fewer sleep delay behaviors and had a shorter latency to sleep onset by the end of the study. Forty-five minute behavior observations by an independent observer also revealed more time awake, alert and active and more positive affect in the massaged children by the end of the study.

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[http://www.elementscentre.ca/resources/research/sleep-problems-infants-decrease-following-massage-therapy](http://www.elementscentre.ca/resources/research/sleep-problems-infants-decrease-following-massage-therapy)