

Reflexology Versus Acupressure on Sleep Disturbance and Hot Flashes

NCT06499311

Status	RECRUITING
Phase	Not Applicable
Sponsor	Cairo University
Enrollment	54 participants

Key Eligibility Criteria

Inclusion (4)

- Age ranged from 45 to 55 years old.
- Their body mass index ranged from 25 to 3 kilograms per meter square.
- Postmenopausal women suffering from moderate to sever hot flashes assessed by Hot Flashes Questionnaire.
- Postmenopausal women suffering from sleep disturbances more than five assessed by Pittsburgh sleep quality index.

Exclusion (7)

- Any emotional stress during at least 6 months.
- Any pharmacological medicines lead to sleep disturbances.
- Any mental disorders affect their sleep cycle.
- Taking hormone replacement therapy for the past six months.
- Using herbal medicine to improve menopausal symptoms severity.
- ... and 2 more (see full listing online)

Locations (1 total)

Faculty of Physical Therapy, Giza, Egypt