

Can a bed of nail help you sleep better? - Survey results say yes!

We Surveyed 38 People

After Regular Acupressure Mat Use For Two Weeks!

This study investigates the effects of acupressure mats on 38 participants who used acupressure mats for 10 minutes a day over a 2-week duration. The study reported the following results:



86.84%

of people surveyed had noticed a significant decrease in muscle and joint pain,

13.16%

where unsure if any improvement occurred.

89.47%

of people surveyed noticed an improvement in sleep quality, **5.26%** noticed no improvement while **5.26%** where unsure.



56.76%

of people surveyed noticed an overall improvement in their mood

8.11%

didn't see any noticeable improvement

35.14%

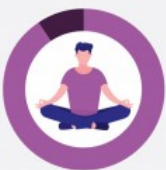
where unsure.

89.47%

of people surveyed felt more calm and relaxed after a session on their mat

9.37%

where unsure.



alignmat.com.au

Perth, Jan 13, 2021 ([Issuewire.com](https://www.issuewire.com)) - A survey conducted by AlignMat has revealed that sleeping on an acupressure mat can drastically improve your sleep in just two weeks! Decreased joint pain, enhanced relaxation, and mood improvement were also tested showing positive results. The survey was conducted by verified users from the AlignMat customer base, 38 participants were surveyed after acupressure mats use for 10 minutes a day over a 2-week duration.

The researches show that over 80% of users surveyed had an improved quality of sleep, decreased joint pain, and felt more relaxed. over 50% found their overall mood to be more positive after each

session!

Jean the founder of AlignMat had this to say: "The results from the survey really highlighted how holistic medicines such as acupressure can aid in a number of physical and mental issues, including lack of sleep. As a company committed to driving natural health within Australia we are delighted to see positive results from the use of our acupressure mats & will continue to help Aussies get a good night's rest."

To see the full results and breakdown of the survey please visit: <https://alignmat.com.au/blogs/news/acupressure-mat-survey>

AlignMat works to make acupressure and self pain relief more accessible to everyone through access to the right tools and knowledge, creating opportunities, and assisting people to reach their full potential in life & health.

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Source : AlignMat

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