عنوان فارسی مقاله:
اثرات مفید ماساژ درمانی بر بیخوابی زنان پس از یائسگی

عنوان انگلیسی مقاله:
The beneficial effects of massage therapy for insomnia in postmenopausal women

توجه!
این فایل تنها قسمتی از ترجمه می‌باشد. برای تهیه مقاله ترجمه شده کامل با فرمت ورد (قابل ویرایش) همراه با نسخه انگلیسی مقاله، اینجا کلیک نمایید.
2. Final considerations

Considering the significant impact that the symptoms arising from the postmenopausal stage have on the quality of life for women in this phase, there is a real need for new treatment options in addition to hormonal therapy. The potential benefits offered by massage, either as a stand-alone non-pharmacological therapy or combined with other forms of treatment for the symptoms of menopause, highlight the need for systematic studies on the efficacy of this treatment technique. Therefore, in light of recent evidence on the positive effects of massage on sleep quality published by the present research group, we intend to expand this area of research to verify its effectiveness in other biochemical, metabolic and immune system conditions. The findings from this line of research could support the potential of massage as a therapeutic tool to improve sleep quality in menopausal women.