

UNDER-SLEPT AND OVER-ANXIOUS

The effects of Cyclical Deep Pressure Applied by the Flowpresso on Sleep and Anxiety

Ally Parkes, Desiree De Spong, Martyn Beavan

Te Huataki Waiora School of Health, The University of Waikato; Medella Health Ltd, New Zealand

OUR PURPOSE

To demonstrate the novel mechanical cyclical deep pressure Flowpresso device is a safe, feasible practice that is effective in reducing sleep debt and psychological distress.

OUR METHODS

A sample of NZ-based First Responders separated across two studies:

Study A (n=87) and

Study B (n=86).

First responders were treated to one 40 minute Flowpresso session each week for three weeks.

Sleep and anxiety were investigated through self-reported PROMIS sleep disturbance form, and a stress-mood questionnaire.

Data was collected at two time-points: prior to the first Flowpresso session and 1-week after the third session.

OUR RESULTS

There was a positive outcome in the improving subjective sleep quality in up to 92% of the first responders in Study A and 77% in Study B. Across both studies, sleep improved by 25%, was statistically significant ($p < 0.001$), with the effect sizes for both studies being large ($d > 1.05$), making it clinically relevant.

The subjective anxiety symptomology improved in 53% of the first responders in Study A, and 55% in Study B. Across both studies, anxiety decreased by 32%, was statistically ($p < 0.0001$), with small to moderate effect size ($0.49 > d < 0.57$).

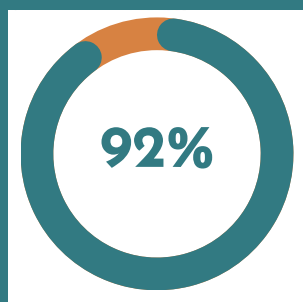
OUR CONCLUSION

The results of the two independent studies advocate a beneficial contribution of the cyclical deep pressure therapy and heat applied by the Flowpresso on improving anxiety symptomology and sleep quality in a cohort of first responders.

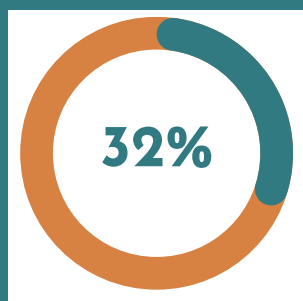
WHAT'S NEXT?

Insufficient sleep is pervasive and holds ecological relevance, but at the same time it is a modifiable health behaviour. It is crucial for the development & direction of health to mitigate this worsening scenario of under-slept and over-anxious humans. We all need to feel safe, calm, and rested for life, why not enjoy this with a 40-minute Flowpresso session.

AT A GLANCE



Of candidates
said they had
improvement in
sleep



Of candidates
said they had a
reduction in
anxiety