

Effect of Pilates on sleep quality and quality of life of sedentary population.

Leopoldino AA, Avelar NC, Passos GB Jr, Santana NÁ Jr, Teixeira VP Jr, de Lima VP, de Melo Vitorino DF.

J Bodyw Mov Ther. 2013 Jan;17(1):5-10. doi: 10.1016/j.jbmt.2012.10.001. Epub 2012 Nov 20.

Federal University of the Jequitinhonha and Mucuri Valleys, Healthy and Biological Sciences Faculty, Department of Physiotherapy, UFVJM-Gloria's Street, nº187, 39100-000 Diamantina, MG, Brazil.

Abstract

The purpose of this study was to investigate the effects of an exercise program based on the Pilates Matwork method on sedentary volunteers who self-reported changes in their sleep quality and quality of life. This was a prospective clinical study, in which the variables (level of sleepiness and quality of life) were compared before and after applying a protocol of 12 weeks of an exercise program (2 sessions per week). The level of sleepiness showed significant improvement between before and after the intervention ($p: 0.04$). Quality of life improved based on all of the emotional components and the physical components ($p < 0.05$) with the exception of the physical domain ($p: 0.09$). The results of this study indicate that the sedentary population who participated in this 12 week Pilates program experienced improvements in sleep quality and quality of life.

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PMID 23294677 [PubMed - indexed for MEDLINE]

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