Aims:  
• examine the effectiveness of acupressure in regards to the quality of sleep of head and neck cancer patients receiving chemotherapy  

Methods:  
• an experimental design  
• purposive sampling: 58 head and neck cancer patients (PSQI > 5) receiving chemotherapy from the head and neck cancer units of a medical center in southern Taiwan  
• acupressure protocol: two weeks, five days per week, two times per day with one session in the morning and one in the evening, each session lasted 12 minutes  
• acupoint: LI 4, PC6, ST36  

Results:  
• acupressure significantly improved the quality of daily sleep, as well as the sleep quality in the previous one month  
• Subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbance were all significantly improved  

Discussion/Conclusions:  
• suggest: four week long acupressure research study be conducted, continuous intervention shall result in better treatment effectiveness  
• This study serves as a reference for medical practitioners to help improve sleep quality of Head and Neck cancer patients receiving chemotherapy.