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- **Warming Socks Treatment.** This hydrotherapy technique has been shown to stimulate the immune system and improve sleep, and thus support the healing response of the parasympathetic nervous system. One uses a pair of cotton socks, wets them thoroughly, wrings them out and places them in the refrigerator. Just before bedtime, put on the socks and then place a pair of dry, wool socks over them. The cold wet socks stimulate the autonomic nervous system with an association to the sacral plexus, which relays a response to the spinal cord. There is an additional stimulus to the circulatory system to bring warm blood to the cold area of the body, the feet, which thus promotes circulation. The wet socks will be dry by morning if there is a good response present. If they are still damp, frequent use will sharpen the two regulatory responses previously described.