

## Feet Feeling Feisty at Night? Here's Why!



### Hey there, Nightly Scratchers!

Let's talk about something *weirdly common* yet *super annoying*—that itch you can't stop scratching when the lights go out. You know the one. Feet suddenly feeling like a mosquito's favorite snack, but it's winter and there are no mosquitoes in sight? We've got answers. Let's uncover the mystery behind itchy feet (and no, it's not a conspiracy to keep you awake).

### What Causes Itchy Feet at Night?

Several culprits could be behind this irritating sensation. Let's explore a few of the most common ones:

### Top 5 Reasons Your Feet Are Out to Get You

1. **Dry Skin Drama:**

Winter air, long hot showers, and blasting your heater—your feet are *thirsty*. Give them some love with moisturizer before they start a rebellion.

2. **Fungal Fun (Not Really): AKA Athlete's Foot**

Athlete's Foot might sound sporty, but it's not. Think of it as a little fungus that throws a party between your toes.

3. **Eczema & Psoriasis (AKA Skin Diva Moments):**

These skin conditions love attention and might decide nighttime is the perfect time to flare up. Not cool.

4. **Nerve Shenanigans: AKA Peripheral Neuropathy**

Sometimes, your nerves get a little *too* excited. If you've got diabetes or nerve issues, they might be behind the itching.

5. **New Socks? New Shoes? New Itch?:**

Ever buy something new, only to find your feet throwing a tantrum? Blame it on contact dermatitis—a fancy term for “your skin didn't like it.”



**Why It's Worse at Night**

**Fun Fact Corner :** Did you know your skin has its own circadian rhythm? At night, your body increases blood flow to the skin, which can amplify sensations like itchiness!

**When to See a Specialist**

Occasional itching is normal, but if it persists or worsens, it could signal a more serious issue. We recommend scheduling a visit if you notice:

- Intense or unrelenting itching.
- Red, swollen, or peeling skin.

- Open sores or signs of infection.

Our team specializes in addressing skin and nerve-related foot issues, so you can get back to sleeping soundly.

### **STOP the Itch in Its Tracks**

Before you grab the nearest fork to scratch (please don't), try these quick fixes:

Here are a few things you can try tonight:

- **Moisturize Before Bed:** Use a fragrance-free, thick moisturizer to lock in hydration.
- **Soak Your Feet:** A lukewarm bath with colloidal oatmeal can soothe the itch.
- **Switch to Cotton Socks:** They're breathable and less likely to irritate sensitive skin.
- **Keep Cool:** Overheating can worsen itching, so keep your bedroom cool and your feet uncovered.

### **Featured Treatment: The Remi Class IV Laser**

For those with stubborn itches (thanks, fungus or nerve issues), our **Remi Class IV Laser** is a game-changer. It's safe, effective, and oddly satisfying to say. It promotes healing, reduces inflammation, and can tackle stubborn fungal infections and neuropathy—without downtime.



**Book Your Appointment Today!**