The neurology fraternity in Malaysia urge the health authorities to take action against the practice marketed as “6-second sleep therapy".

This practice deliberately induces loss of consciousness through neck compression, which constitutes physical harm rather than treatment and lies outside both evidence-based medicine and recognised traditional practice. Allowing it to continue unchecked exposes the public to avoidable risks, including stroke, carotid artery injury, cardiac arrhythmia, hypoxic brain injury, and sudden collapse.

The concern is no longer theoretical; once such practices spread widely—especially through viral social-media platforms like TikTok—they shift from isolated misconduct to a population-level public-health risk, where silence from the medical community may be misconstrued as tacit acceptance.

Moreover, there is a clear regulatory gap: while alternative practitioners may operate outside formal clinical settings, this does not exempt them from oversight when their actions can cause serious injury. The Ministry of Health Malaysia, together with relevant enforcement bodies, has established precedent for intervening when unproven or dangerous “therapies” threaten public safety.

From the perspective of neurology and internal medicine, this practice violates core principles of care, including non-maleficence, informed consent—since patients are misled into believing this is “sleep”—and public trust in healthcare. A collective, formal position through professional societies or a joint statement by neurologists should therefore clarify that this practice is not medical, not traditional, and not safe, request regulatory review and enforcement, and support public education to prevent further harm.

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