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Acupressure for Sleep

(Wash Hands Before Acupressure)

These acupressure exercises help to relax and calm before sleep.

Each session repeats 32 (4x8) to 64 (8x8) times. The pressure should be gentle but firm.

1. Press Shen Men Points (HT-7) (Figure 1): This point is located on the radial side of flexor carpi ulnaris, in the depression at the proximal border of the pisiform bone. Put right thumb tip on left HT-7. Press down and lift up, repeat 32 times. Switch to the other side. You can also press and make small circles.
2. Press An Mian Points (EX) (Figure 2): This point is located on the midway between GB-20 and SJ-17. Put thumbs on this point and put the 4 fingers on the head. Press and make small circles.
3. Press Yin Tang Point (EX) (Figure 3): “Third eye”. The point is located at the midpoint between the medial ends of the eye brows. Put the middle finger on the point with light pressure. Count 32 times. You can also gently press and make small circles.

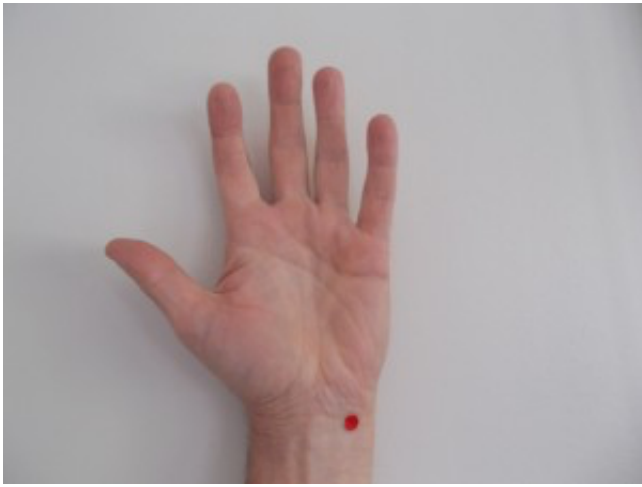


Figure 1

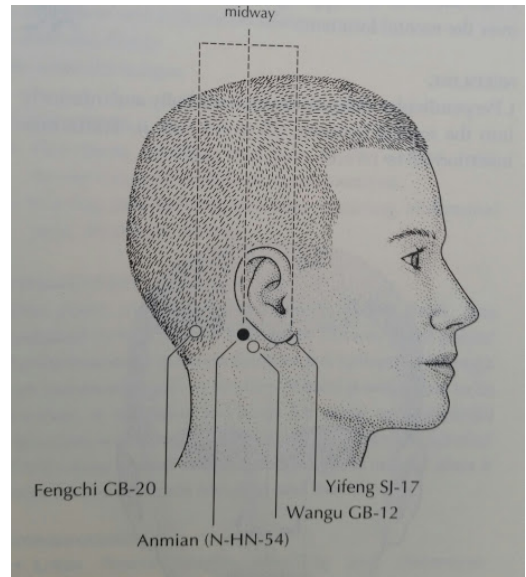


Figure 2

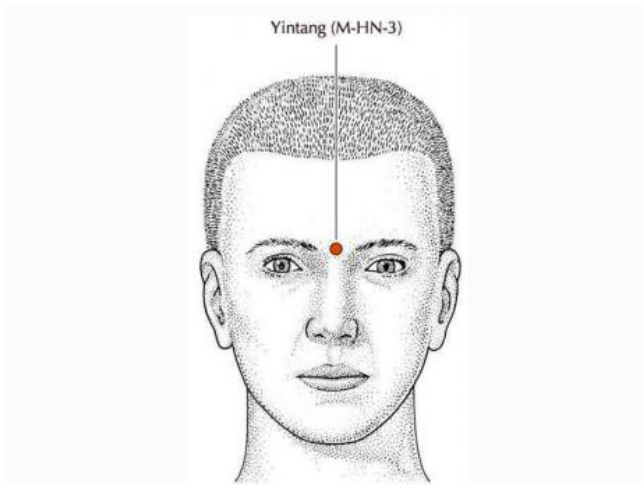


Figure 3