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Acupressure for Sleep (2)

(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 Zhao Hai Points (DK-6) (Figure 1): This point is located below the medial malleolus, the prominent bone on the inside of your ankle. Drop your finger directly below the malleolus and you'll feel a little dip between two tendons. That is Kidney 6. You can press with thumb or any fingers and make small circles, or press down and lift up.
2. Press Shen Mai Points (UB-62) (Figure 2): This point is located below the external malleolus, the prominent bone on the outside of your ankle. You can press with index fingers, or any fingers, and make small circles, or press down and lift up.

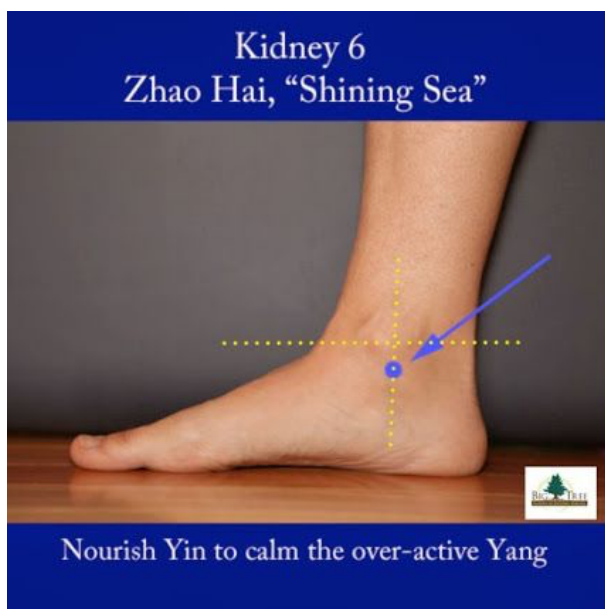


Figure 1



Figure 2