



Acupressure for Sleep

What is acupressure and how does it work?

Acupressure is part of an ancient Traditional Chinese Medicine system. “Qi” (pronounced as “Chee”) is a form of bio-energy that naturally flows smoothly through energy channels in the body called meridians. Along these energy channels or meridians are specific points called “acupoints.”

When there is an imbalance or interruption of flow of Qi or bio-energy in the channels, this causes symptoms such as difficulty sleeping, anxiety, or pain. When you stimulate specific acupoints, energy flow improves, leading to balance, healing, and symptoms get better. Acupressure involves stimulating these Ancient Traditional Chinese acupoints by applying medium to firm pressure with your thumbs or fingers.

How does acupressure

Acupressure regulates levels of brain chemicals and hormones which play a major role in regulating sleep.

help me with sleep?

How do I do Acupressure for Sleep?

Before you start, make sure your nails are short and trim, not long, ragged, or sharp. Use your thumbs or index fingers to apply pressure, lightly at first and then more deeply on each acupoint. Back off on pressure if an acupoint is very tender or hurts until you can comfortably press it, then gradually increase pressure.

Massage or hold firm pressure on each acupoint; press continuously or in circles or pulsing directly into the acupoint. When you are massaging acupoints, sit comfortably or lie down, close your eyes and breathe slowly, deeply, and mindfully. As you press each acupoint, it can be helpful to imagine your bio-energy, in any color you like, flowing smoothly around your body and clearing any blockages that are in the way.

You may want to imagine breathing comfort into each acupoint as you press it and imagine exhaling any discomfort as you release the acupoint. BREATHE IN COMFORT ...EXHALE DISCOMFORT!!! As you press each acupoint, imagine how lovely it will feel to wake up each morning feeling energized, refreshed, surprised and happy to have gotten a good night's sleep.



Why should I do Acupressure for Sleep every day?

Acupressure is a skill, and like any skill, the more you practice it, the better you become at it and the more helpful you will find it for sleep, relaxation, and stress reduction. Aim to practice every day for best results (4 nights a week minimum).

When is the best time of day for me to do Acupressure for Sleep?

Acupressure for Sleep works best when you do it before going to bed as part of a bedtime routine. You can experiment with combining it with other mind - body techniques such as Mindful Breathing and the other breathing techniques and discover what is most helpful for you.

How long should I do Acupressure for Sleep?

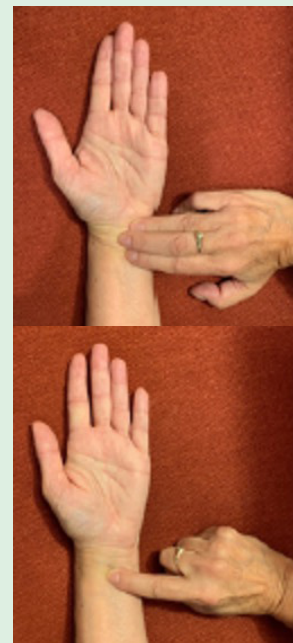
If you do acupressure for 2 minutes per point on each of the 8 acupoints, you will be finished in 16 minutes.



What are the four acupressure points for sleep, how do I find them, and in what order do I press them?

1. Inner Pass

3 finger widths from your wrist crease located in between two tendons that run up and down the center of the lower inner forearm



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2. Spirit Gate

in a small depression on the pinky side of the inner wrists, below the pisiform bone on the thumb side of the tendon.



3. Three Yin Intersection

4 finger widths up from the highest point of the inner ankle bone in a slight depression

4. Gushing Spring

on the bottom of the foot in the middle, about 1/3 the distance between the base of 2nd toe and the heel



For sleep, press each point on both sides for 2 minutes per point in the following order:

1. Inner Pass
2. Spirit Gate
3. Three Yin Intersection
4. Gushing Spring