

Patient Help Sheet

Here are some tips that you can use to help balance and support your health during this time. Please feel free to call me if you have further questions or concerns.

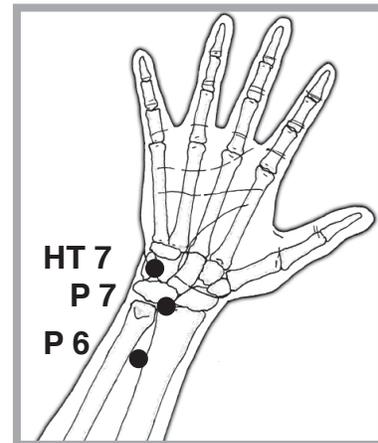
Acupressure Points for Insomnia

Rubbing acupressure points with your finger for 30 - 60 seconds can stimulate and promote the circulation of Qi within your own body, restoring health and well-being.

Pericardium 7 (P 7): In the middle of the wrist crease, between both tendons. Functions: Clears the Heart and calms the spirit, expands the chest, dispels fullness from the chest, reduces fire from heart and harmonizes the Stomach. Main point to treat insomnia.

Heart 7 (HT 7): With palm facing up, on the inside of the wrist, on the little finger side of the crease where the hand meets the wrist. Functions: Calms the Shen (mind), pacifies the heart, clears the channels, sleep disturbance, sedates and regulates the internal organs.

Pericardium 6 (P 6): On the inside of the forearm, in between the tendons, approximately 2.5 finger widths below the wrist crease. Functions: Opens the chest, regulates Heart Qi, calms the Shen (Spirit), harmonizes the Stomach, relieves nausea and vomiting, insomnia, opens and relaxes chest tightness.



Healthy Living Tips

Here are a few tips to help you get a better nights rest.

If you have any questions, please consult a qualified healthcare practitioner.

Yogurt - Yogurt contains tryptophan, an amino acid, that is essential to help your body produce neurochemicals to help you sleep.

Soak Your Feet - Soaking your feet in hot water with a little Epsom salt, helps activate the "relaxation" response and prepares your body for a good nights rest. Do this about 15-minutes prior to going to sleep.

Melatonin - Melatonin is a natural hormone produced in our brain's pineal gland that helps to regulate sleep and wake cycles. When melatonin levels are low, less of the hormone is released into the bloodstream, and restlessness or wakefulness results. Whether you can't calm your mind or just toss and turn, a sleepless night can leave you frustrated. Melatonin supplements, may be able to help.

Drink Tea - Drinking a relaxing mixture of herbal tea can help lull you into a deeper sleep. A mixture of Valerian root, Chamomile, Hops, and Passion flower have all shown to be helpful in regulating sleep. Other herbs may be: oyster shell, ziziphus, Chinese senega, lily bulb, China root and licorice.

Spritz - Spritz a small amount of Lavender spray on your pillow at night for relaxed and sweet dreams.

As always, check with your doctor before taking any supplements or herbs.

Bedtime Breathing Meditation

Learning to relax at bedtime can be difficult for many people. Here is a simple breathing exercise that can help you relax both your body and mind.

- 1) Exhale completely through your mouth.
- 2) Inhale through your nose to a count of four.
- 3) Hold your breath for four more counts (or whatever feels comfortable).
- 4) Exhale through your nose for a count of eight.

Repeat until you fall asleep.

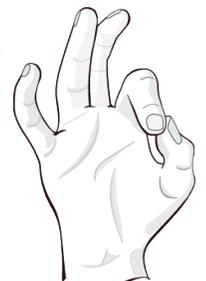
Avoid the stimulating effects of late-night exercise, computers, cell phones and television at least 1 hour before you are ready to go to sleep. Avoid eating a big meal about 2-3 hours before retiring to bed.

Mudra For Insomnia

Gyan Mudra is used for the treatment of mental disorders, insomnia, high blood pressure and depression.

This Mudra is useful in improving the memory and concentration power. Practice it for around half an hour every day.

Touch the tips of index and thumb. Other three fingers should be in relaxed state – slightly curved.



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