

# INSOMNIA

In Traditional Chinese Medicine (TCM), restful sleep is seen as a reflection of the harmony between the Heart, Kidneys and the Mind (Shen). When these systems are balanced, the mind can settle naturally at night, allowing for deep, restorative sleep. Emotional stress, excessive mental activity, or a lack of grounding energy can disturb this balance, leading to insomnia, frequent waking or restless sleep.

The Heart houses the Mind (Shen), while the Kidneys anchor and nourish it. If the Heart is unsettled or the Kidney energy is weak, it becomes difficult for the mind to find rest. Calming the Heart, grounding the Spirit, and easing the nervous system are key principles in supporting natural sleep.

The acupressure points HT7, ANMIAN and K1 work together to address these imbalances. HT7 helps to calm and nourish the Heart. Anmian soothes the nervous system and supports uninterrupted sleep. K1 grounds excess energy from the head, helping the mind to settle.

For points located symmetrically on both sides of the body (like HT7 and K1), you can choose to stimulate either one side or both, depending on your comfort and time. Working on both sides can create a more balanced effect, but treating one side is still highly effective. For midline points or bilateral areas (like Anmian, found behind each ear), gentle stimulation on both sides can further enhance relaxation and promote deep sleep.

You can support your healing between Acupuncture and Bioresonance sessions by stimulating the following acupressure points at home.

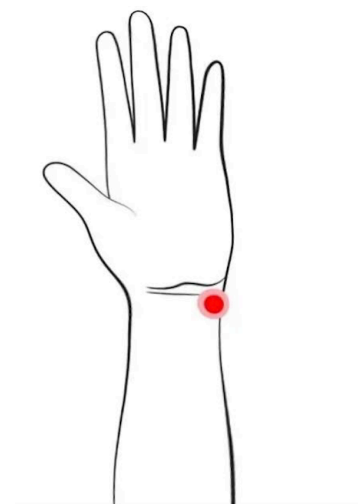
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## INSOMNIA

### HT7 – Shenmen (Spirit Gate)

**Location:** On the wrist crease, in line with the little finger tendon.

**Function:** Calm and emotional balance.



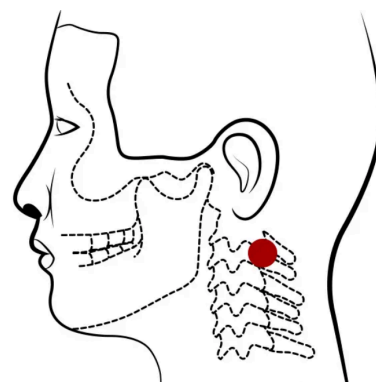
HT7 nourishes the Heart, calms the mind, and helps regulate emotional restlessness, making it one of the most effective points for promoting restful sleep. Regular stimulation of this point can ease anxiety, quiet racing thoughts, and support emotional wellbeing. It is a gentle and reliable point, safe for daily use, particularly helpful for those who find it difficult to unwind at night.

Using your thumb or fingertip, apply firm but comfortable pressure while breathing slowly and deeply, encouraging the mind and heart to settle into a peaceful rhythm.

### ANMIAN – Peaceful Sleep Point

**Location:** Behind the ear, midway between the mastoid process and the base of the skull.

**Function:** Nervous system relaxation.

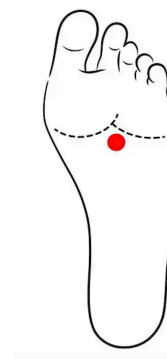


Anmian is specifically used to address insomnia and disturbed sleep patterns by calming the nervous system and easing mental tension. Gentle stimulation of this point can help promote deeper, more restorative sleep and reduce the tendency to wake during the night. It is a safe and effective point for nightly practice. Massage or press with light, circular movements while breathing softly, allowing the body to transition naturally into a state of quiet relaxation.

## K1 – Gushing Spring

**Location:** Sole of the foot, about one-third down from the toes in a natural depression.

**Function:** Grounding and calming.



K1 draws excess energy downwards, helping to anchor the mind and body for sleep. Stimulating this point supports emotional stability, relieves tension from the upper body and encourages a deep sense of grounding and relaxation.

Regular activation of K1 is particularly beneficial for calming an overactive mind at night. Apply gentle pressure or massage the point slowly while inhaling deeply, visualising the breath sinking down through the body, creating a feeling of being deeply rooted and at peace.

## Herbs and Supplements for Insomnia Relief

Several herbs can help calm the nervous system, promote relaxation, and support restful sleep. Along with lifestyle changes, these remedies offer a holistic approach to insomnia relief.

### **Chamomile**

Chamomile is a gentle herb known for its soothing properties, which help to relax both the body and mind. Often enjoyed as a calming evening tea, it is perfect for unwinding before bed and preparing for a restful night's sleep.

### **Lemon Balm**

Lemon balm is a member of the mint family, known for its ability to ease nervous tension and promote a sense of calm. It is commonly used in tea or tincture form to help reduce anxiety and encourage a peaceful, undisturbed sleep.

**Valerian root** is renowned for its calming effects on the nervous system, making it a popular choice for improving sleep quality. It can be consumed in various forms, such as tea, tincture, or capsules, to help promote relaxation and ease insomnia.

### **Passionflower**

Passionflower is a mild sedative that helps calm the mind and reduce racing thoughts, making it an excellent remedy for insomnia or anxiety-related sleep issues. It is commonly consumed as a tea or tincture to promote relaxation and ease into sleep.

**Ashwagandha** Ashwagandha is an adaptogenic herb that has been shown to help reduce stress and anxiety, which can improve sleep quality. It works by balancing cortisol levels in the body, promoting a sense of calm and relaxation. Taking ashwagandha before bedtime may help you fall asleep faster and experience a deeper, more restful sleep.

**Magnesium GLYCINATE (capsules)** Aids muscle relaxation and supports deep sleep, found in supplements or magnesium-rich foods.

## Lifestyle Tips for Great Sleep

### **Alcohol**

While alcohol may make you feel drowsy initially, it significantly disrupts sleep, leading to poor quality rest and frequent waking. Alcohol is a neurotoxin, so consider swapping to non-alcoholic drinks for a more restful, toxin-free night.

### **Caffeine**

Reduce your caffeine intake, particularly in the afternoon and evening, as it can remain in your system for hours due to its stimulating effects. Many foods you may not expect contain caffeine, so it's advisable to be mindful of potential hidden sources in your diet.

### **Eating Late**

Eating too late can cause digestive discomfort, which makes it harder to fall asleep and disrupts your sleep quality. Aim to finish eating at least two hours before bed, allowing your body sufficient time to properly digest and prepare for sleep.

### **Blue-Blocking Glasses**

Wear in the evening to reduce blue light exposure from screens and LED light, which disrupts melatonin production - a hormone that regulates your sleep cycle. These glasses feature orange-tinted lenses, which are specifically designed to block blue light, helping to improve sleep quality and reduce eye strain.

### **Turn Off Wi-Fi**

Studies suggest that exposure to electromagnetic fields, especially during sleep, can disrupt the production of melatonin, the hormone responsible for regulating sleep. In addition, Wi-Fi signals interfere with brain wave activity, affecting the quality of your sleep. By turning off the Wi-Fi, you create a calmer environment, which can promote deeper, more restful sleep and contribute to improved overall health.

**As always, consult with a healthcare provider before using these herbs, particularly if you have existing health conditions or are taking medication.**