

ACUPRESSURE: INSOMNIA

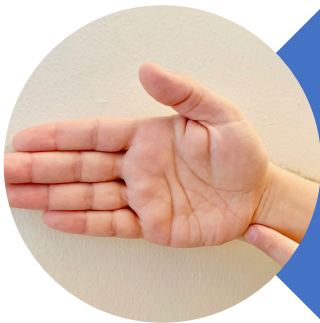
Technique: Press, Tap, or Circle Rub each point for 1 minute. Repeat 3-5 times. Stop if irritation occurs. Pregnancy caution: check with a Licensed Acupuncture provider before use.



BL-62: in the groove below the pointy bone on the outside of the ankle



KI-6: in the groove below the pointy bone on the inside of the ankle



HT-7: just below the inside of the wrist crease, on the pinky finger side of the arm



PC-6: in the center of the inside of the wrist, 2 finger-widths below the wrist crease