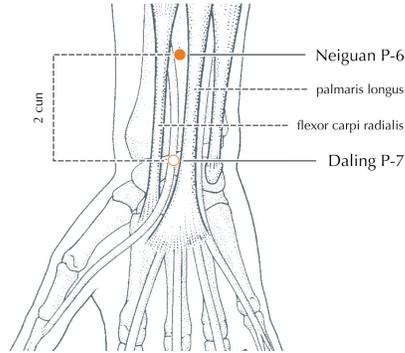


Acupressure Points for Sleep

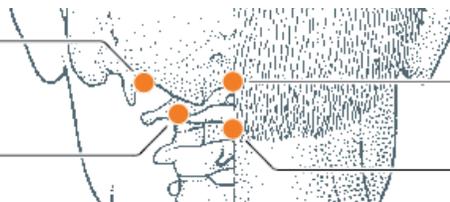
P 6 Inner Gate



BL 10 Heavenly Pillar DU 16 Wind Mansion

Fengchi GB-20
midway between Fengfu DU-16
and the mastoid process

Tianzhu BL-10
1.3 cun lateral to Yamen DU-15

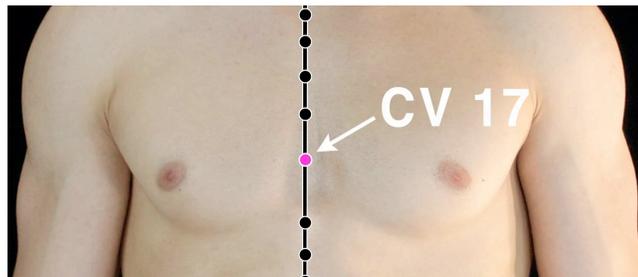
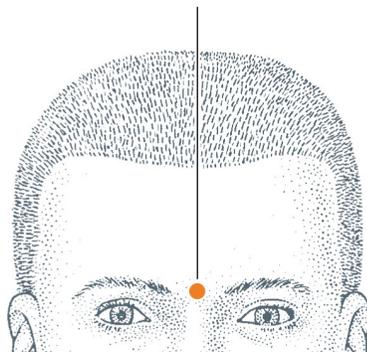


1.5 cun above Fengfu DU-16

Fengfu DU-16
in the depression below the
external occipital protuberance
Yamen DU-15
0.5 cun below Fengfu DU-16

REN 24.5 Yintang & REN 17 Sea of Tranquility

Yintang (M-HN-3)



CV 17 Sea of Tranquility & K 6 Joyful Sleep & B 62 Calm Sleep

