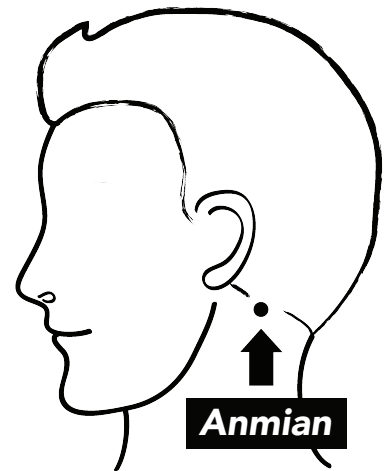


# Acupressure points for sleep & relaxation

## 1. 安眠 *Anmian Point - the acupressure points near the ears:*

**Method** : Rubbing the point by thumb, 1-3 practices a day and press 10-30 times in each practice.

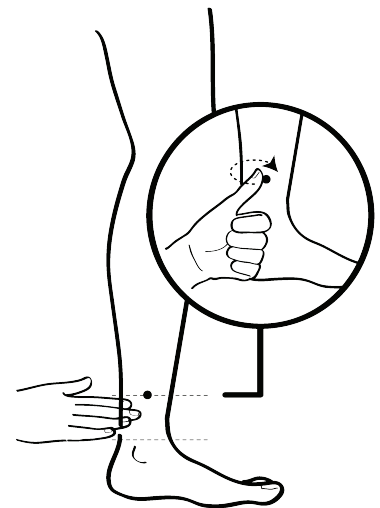
**Location** : It is located behind earlobe. each practice.



## 2. 三陰交 *Sanyinjiao Point - the acupressure points on legs*

**Method** : Press the point with a thumb, and ring-shaped massage.

**Location** : It is located on ankle, about three inches above the bone on feet.



## 3. The acupressure points from ear to clavicle

There are many acupressure points on both side of neck to help sleep.

**Method** : Press the points from the ear to clavicle with thumb, middle finger and index finger.

**Location** : Turn your head to left, you can touch a muscle protruding from the right ear bones extended to the sternum and clavicle at the front of the neck.

