

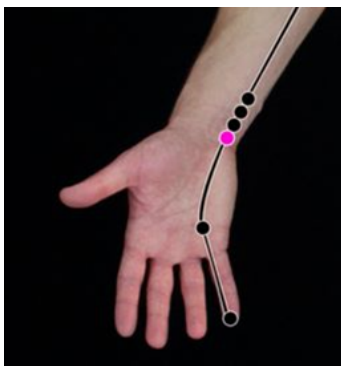
Enhancing Sleep to Support the Immune System

5 Key Strategies For A Higher Quality Sleep and Enhanced Immune System

- 1) Avoid/reduce caffeine
 - sources include coffee, tea, pop, yerba mate, guarana, chocolate, hot chocolate, some ice creams and frozen yogurts, some drugs (e.g. pain killers), some breakfast cereals
- 2) Limit exposure to artificial light
 - avoid all screens for at least 1 hour before bed
 - consider blue-light blocking glasses (e.g. Prospek)
- 3) Implement a consistent bedtime routine
 - warm bath, herbal teas, comforting book
 - light stretching, deep breathing, yoga
 - journaling (e.g. gratitude journal)
- 4) Create a sound sleeping environment
 - remove all electronic devices from the bedroom
 - keep the room temperature cooler
 - ensure your bedroom is dark
- 5) Keep pets and children out of your bed

Acupressure Points For Enhanced Sleep

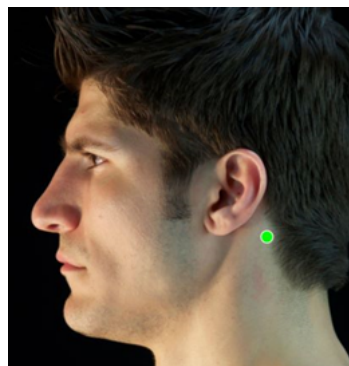
Directions: Using the points indicated on the diagrams, apply pressure and massage in a circular motion for 1-2 minutes on each side before bedtime.



Heart-7

(ShenMen - Spirit Gate)

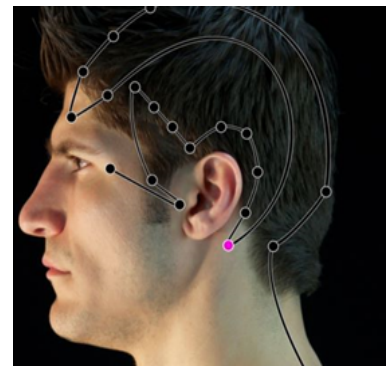
Quiets the heart and spirit
Regulates Qi (energy)



An Mian

(Peaceful Sleep)

Specifically used for
insomnia and to improve
the quality of sleep



Gallbladder-12

(Wan Gu - Mastoid Process)

Benefits the brain and opens
the mind