



Hand Reflexology to improve sleep

For many of my clients, sleeping soundly at night takes a lot of effort. With a million things swirling in our minds, it's challenging to lull ourselves to sleep without relying on medications.

But there's a safer way: By stimulating the pituitary gland, our body can release melatonin, a hormone that induces sleep and prevents insomnia.

What To Do: Find the pituitary/pineal reflex at the centre of the thumb's upper portion and in the middle of the fingerprint swirl (see *diagram below*). Press this reflex point using the thumb, nail or finger knuckle of the other hand.

Try to work as deeply as you can and keep the pressure on for 3 to 5 seconds.

Repeat on the other thumb.

