

# REFLEXOLOGY



TO PROMOTE  
SLEEP  
*for clients*

Work one hand at a time, using the other hand to work the reflexes. Then swap hands.

WORK BOTH HANDS: TRY THIS FOR 5 MINUTES A DAY

- Press and hold on the green dot on the side of the thumb (pineal gland reflex) for 6 seconds.
- Use your thumb to rub over the pink area (head/brain reflex) to help calm the mind.
- Make large, slow circles over the dark blue area (lung reflex) to encourage deep, relaxed breathing.
- Push along the purple dotted line (diaphragm reflex) to assist deep, relaxed breathing.
- Use your thumb to make slow circular movements in the centre of the hand (the solar plexus reflex). Take 3 deep breaths, in through your nose and out through your mouth.
- Press and hold on the green dot on the side of the thumb (pineal gland reflex) for another 6 seconds.

## TIPS FOR A GOOD NIGHT'S SLEEP

- Reflexology helps to promote peaceful sleep.
- Blue light from LED screens reduces the production of melatonin (which helps us get to sleep) - so switch off anything with a screen or LED display, including alarm clocks, at least an hour prior to bedtime.
- If possible treat your bedroom as a space for purely sleeping, even in the daytime - try to avoid activities such as eating, web browsing, work, phone calls, watching TV, etc.
- Keep your bedroom quiet, dark and cool - the ideal temperature is around 18°C.
- Declutter your room and choose calm colours in decorating - your restful mind will thank you for it!
- Make bedtime a ritual - your body loves routine that it can anticipate. Have a regular routine that you do every night at roughly the same time and in the same order before bed, e.g. gradually dimming/ switching off electric lighting, doing some gentle yoga, having a warm bath, reading a book, etc.
- Eating foods rich in tryptophan such as turkey, eggs, cheese, salmon, nuts and seeds helps the body to produce serotonin (a sleep and mood enhancer).