

The 3-Point Sleep Fix

Press these three points lying down, in bed, with your thumbs — about 60 seconds total. It is not a sedative: it helps your body shift out of "alert" mode.

Tool — thumb pad or index knuckle. No gadgets.

Angle — straight in, perpendicular to the skin.

Pressure — firm but comfortable, a dull ache. Never sharp pain.

Time — 30–60s per point, breathe slow, press on the exhale.

1

HT7 Shénmén
神门 · "Spirit Gate"



WHERE
Inner wrist, the small hollow on the pinky-side crease, between the two wrist tendons.

PRESS
Gentle circles with your thumb, 30–60s on each wrist.

Feels like a soft ache that quiets mental chatter.

2

Yìn Táng
印堂 · "Third Eye"



WHERE
Midline, between the eyebrows — the soft spot just above the bridge of the nose.

PRESS
Slow circle with your thumb, 30–60s. Breathe into it.

Feels like the brow unclenches and the breath deepens.

3

KI1 Yǒngquán
涌泉 · "Bubbling Spring"



WHERE
On the sole, in the hollow just behind the ball of the foot — press your toes down to find it.

PRESS
Firm thumb press, 60s each foot — or roll a tennis ball under the sole.

Feels like a grounding pull that draws energy out of the head.

The routine — do it in this order

1. Lie down, dim the lights, phone face-down.
2. **HT7** on each wrist — slow circles, ~45s total.
3. **Yìn Táng** between the brows — slow circle, 45s.
4. **KI1** on each sole — firm, 60s (or roll a ball).
5. Keep breathing slow. Let sleep arrive — don't chase it.

Why this, not a pill

Option	Cost	Grogginess
These 3 points	Free	None
Melatonin	Recurring	Sometimes
Sleep app	Subscription	—
Prescription med	Rx + cost	Often

Mind still racing? Give HT7 a full 2 minutes per wrist instead of 45 seconds, and make your exhale longer than your inhale. The long exhale is the part that tips the body toward rest.

Waking at 3am? Don't check the time, don't check your phone. Repeat KI1 on both soles in bed — 60s each — and stay lying down. Movement is what wakes you up fully.

Educational use only — not medical advice. Acupressure is a traditional practice from Chinese medicine; results vary. Do not press firmly on broken skin or over an injury. Some points are traditionally avoided in pregnancy — if you are pregnant, check first. For chronic or worsening insomnia, or if pain is sharp, see a clinician.

Want the rest? **The Chinese Acupressure Starter Kit** — 15 points, quick-reference charts, and simple daily routines.

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