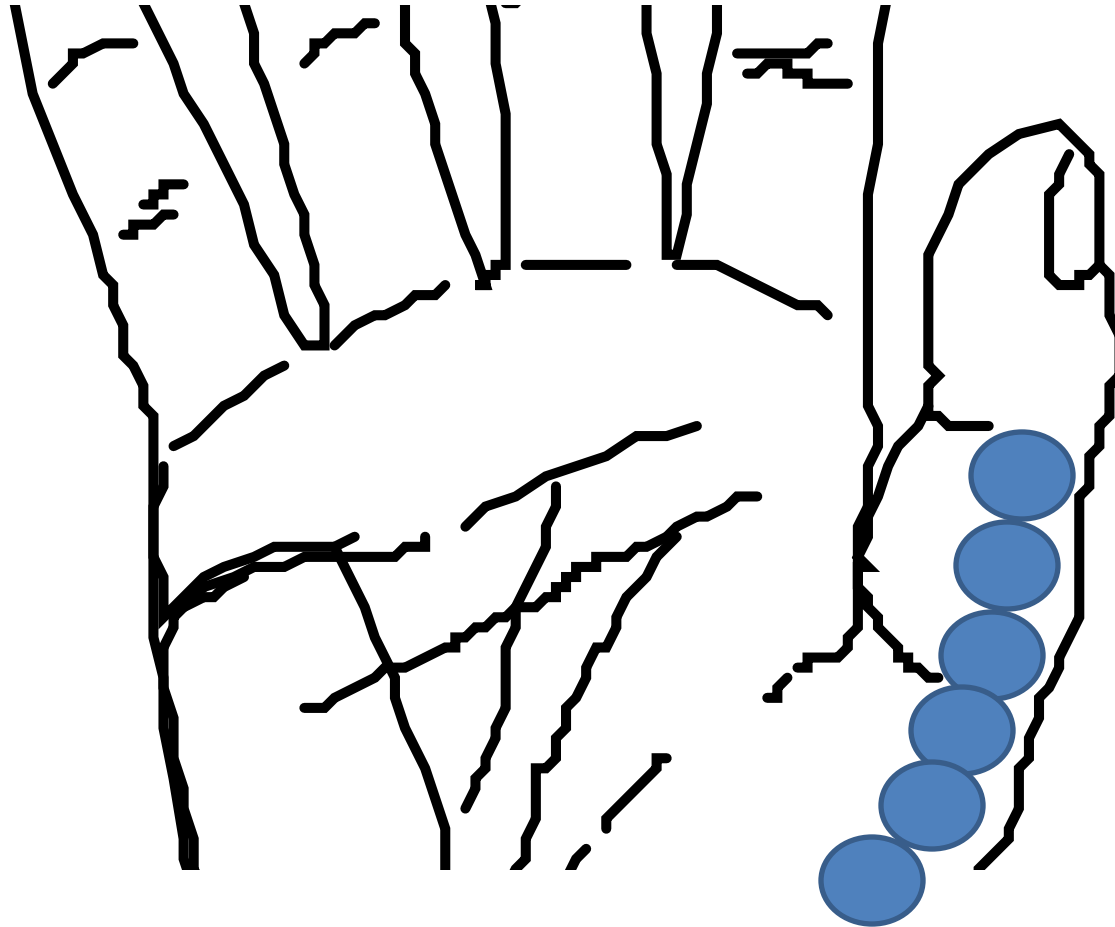




Sleepy Time

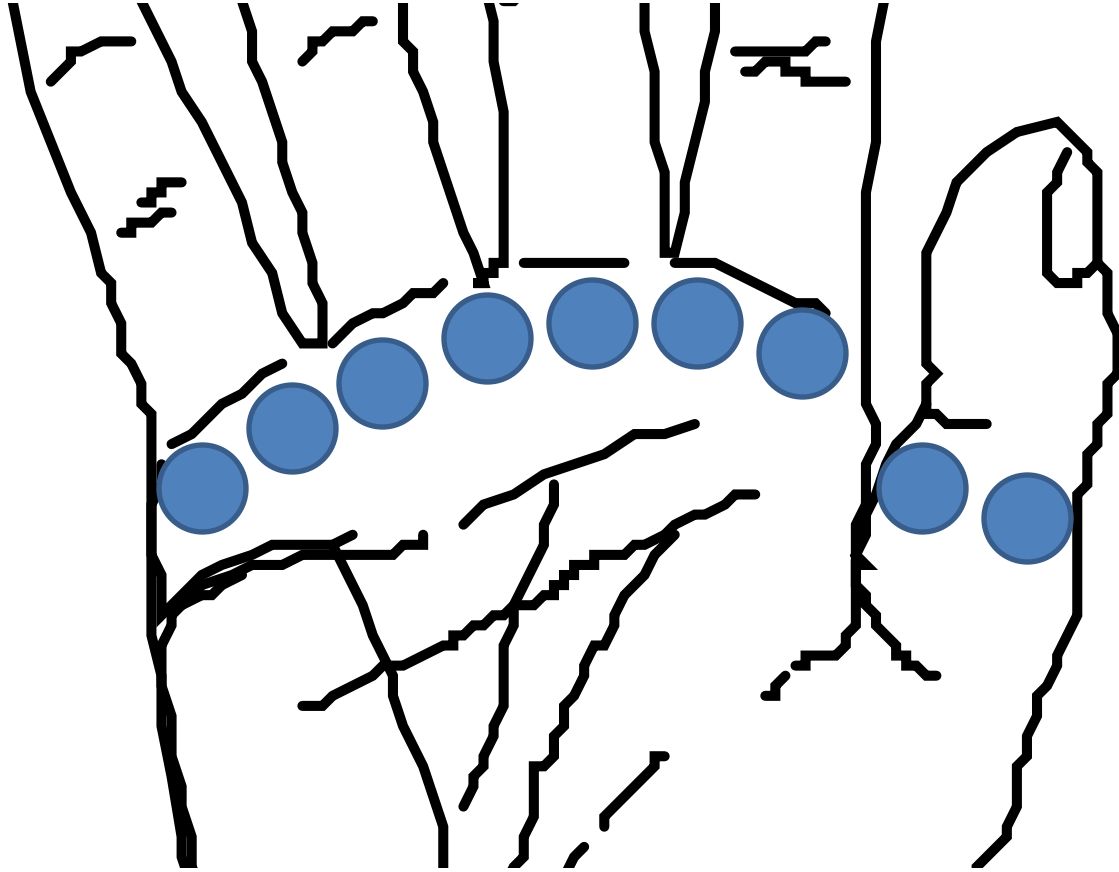
Reflexes to work to help you sleep

By: Sue Todd RDH, RRPr



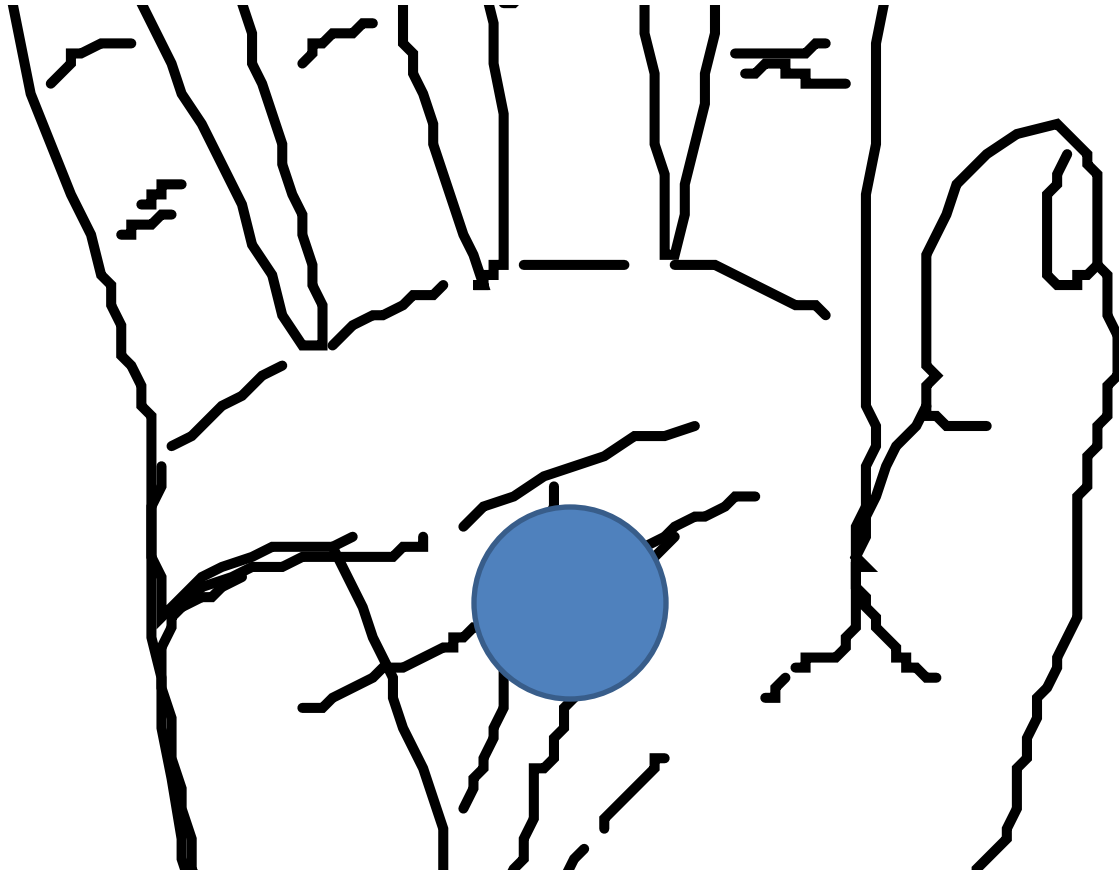
Spine Reflexes

Press deeply along these reflexes to relax your spine.



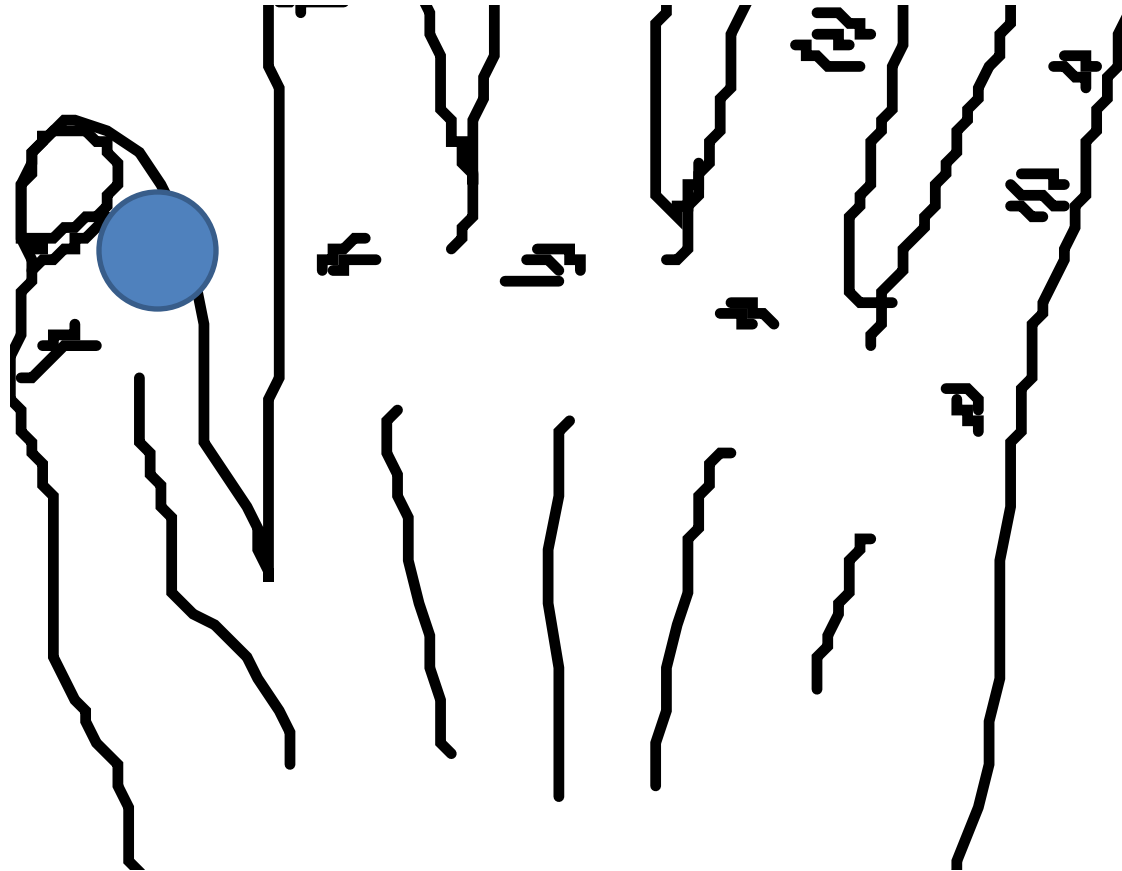
Neck Reflex

Press deeply into this area to relax neck muscles.



Solar Plexus Relaxation Point

Press up deeply to activate this relaxation point.



Pineal Reflex

The pineal gland controls melatonin and your sleep cycle. Make sure to work this reflex.