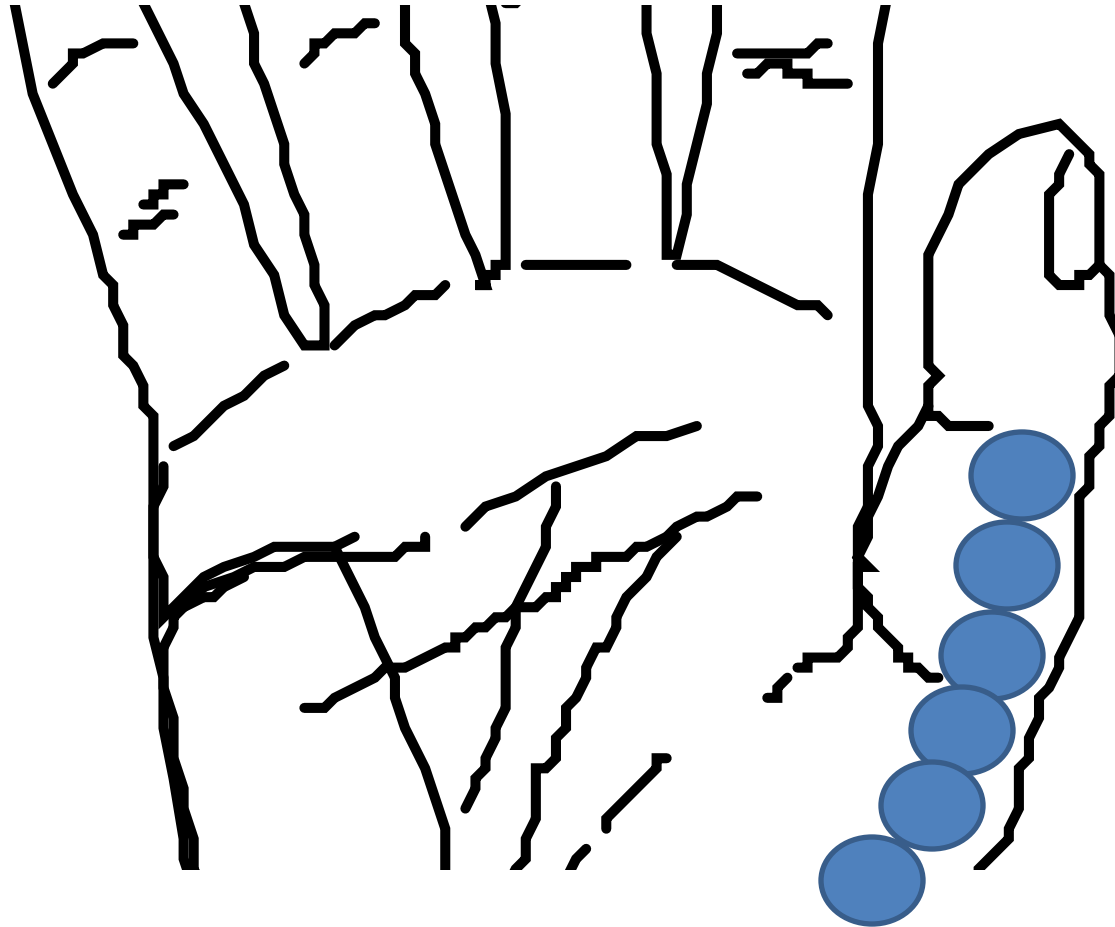




## **Sleepy Time**

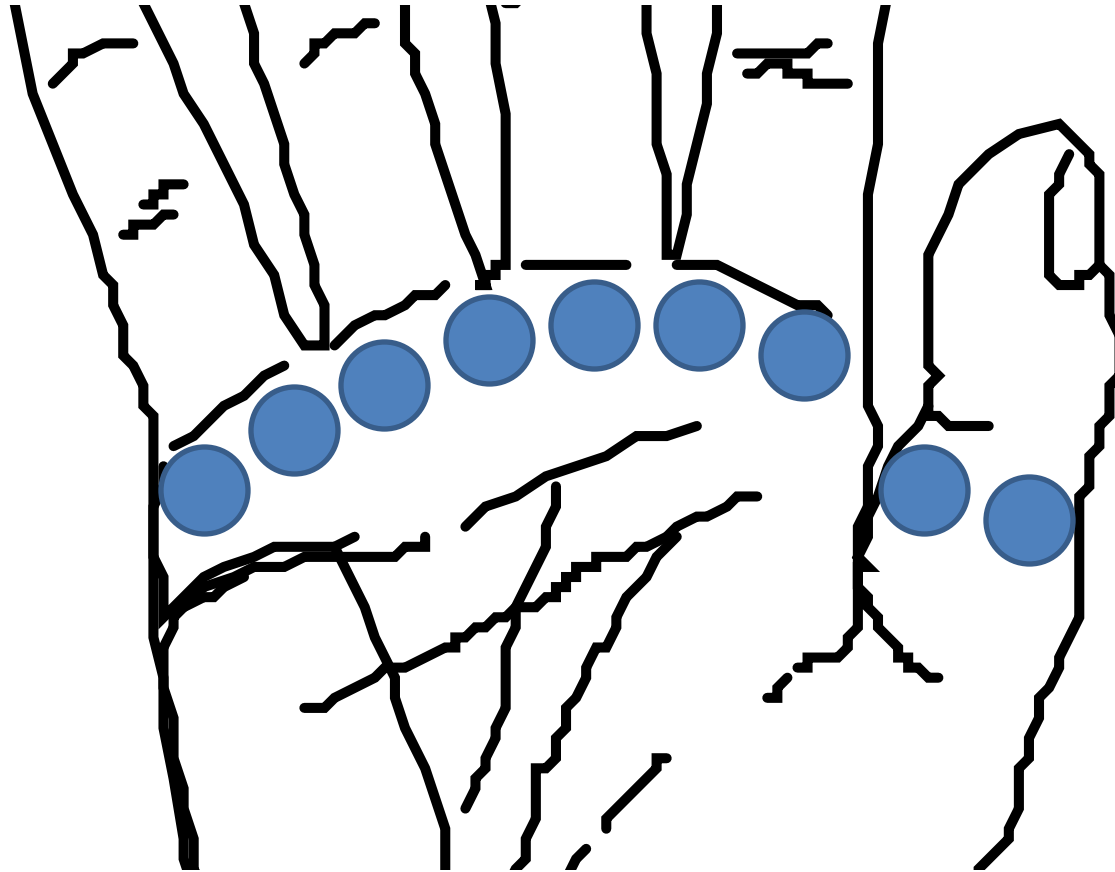
Reflexes to work to help you sleep

By: Sue Todd RDH, RRPr



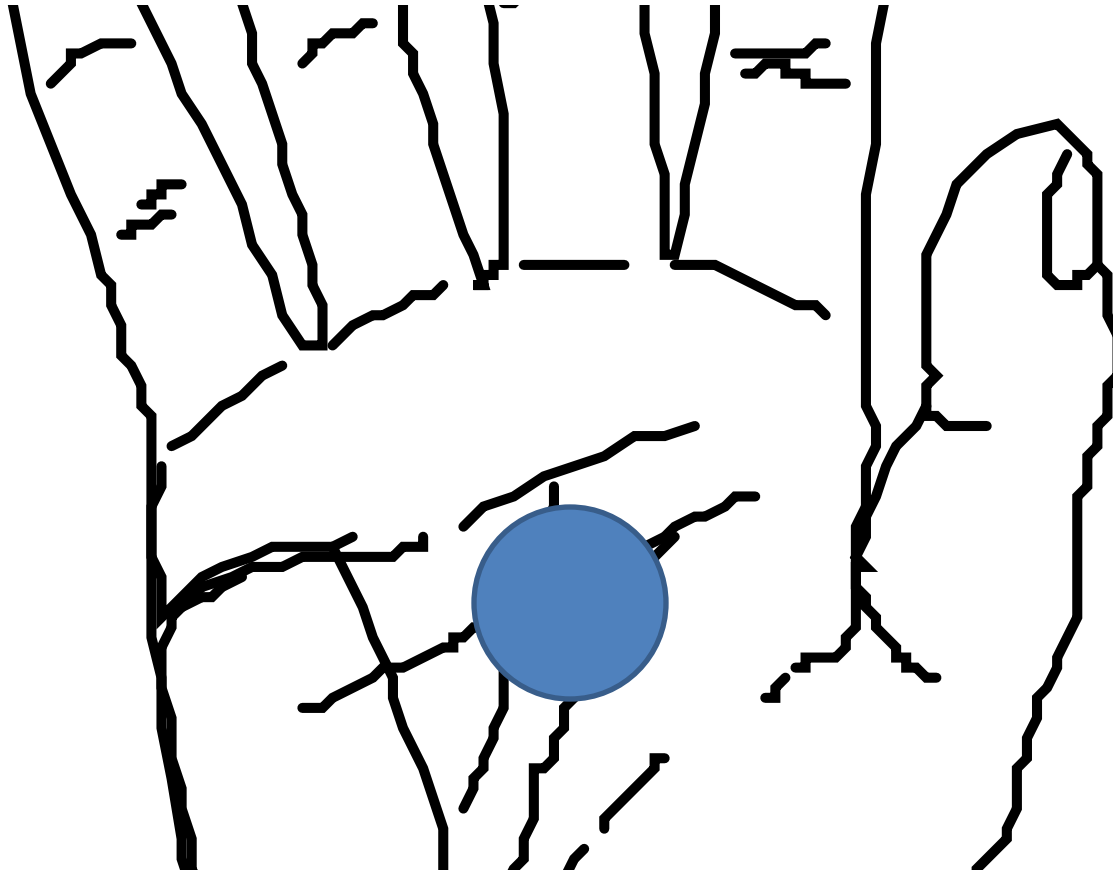
## Spine Reflexes

Press deeply along these reflexes to relax your spine.



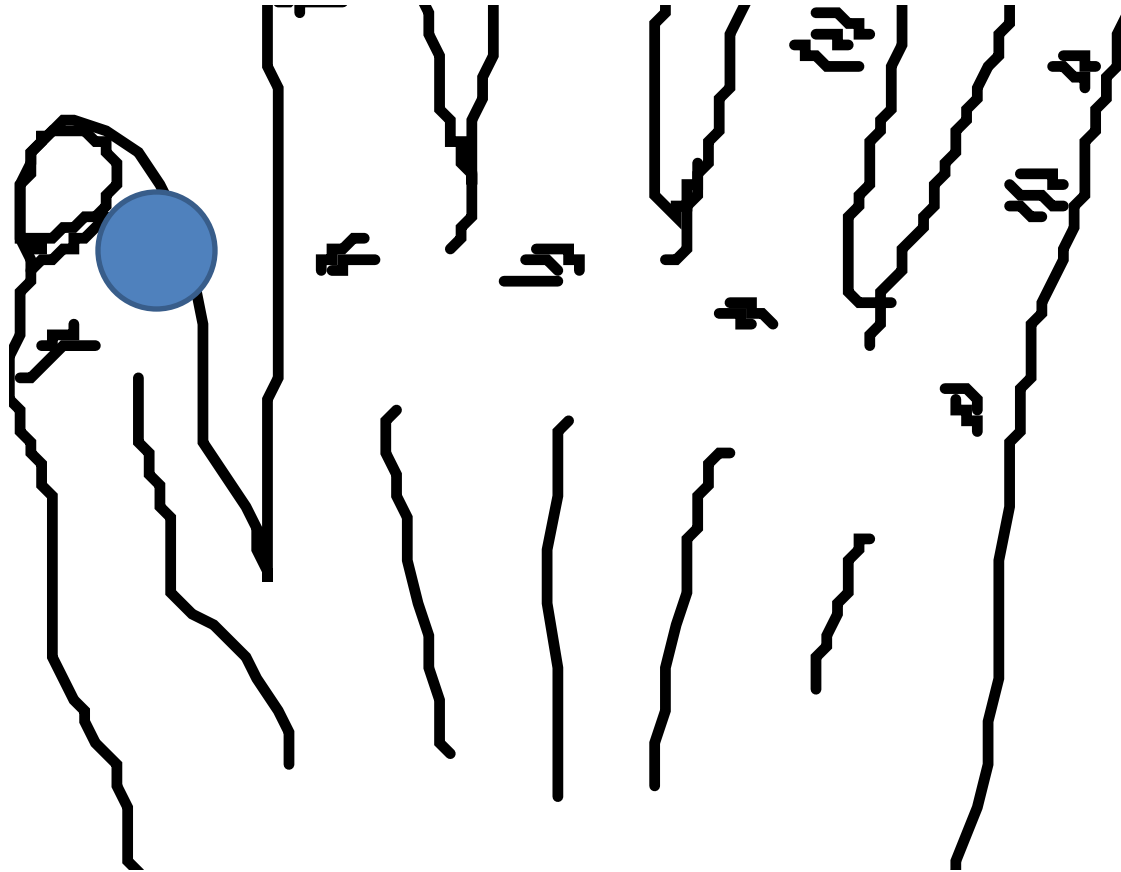
## Neck Reflex

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.