

Better Sleep Naturally

A Guide from Daverio Functional Medicine & Acupuncture

■ Evening Routines for Deeper Rest

- Set a consistent bedtime and wake time—even on weekends.
- Create a calming wind-down ritual (reading, stretching, or tea).
- Limit screens at least 1 hour before bed.

■ Stress Reduction Techniques

- Practice deep breathing or meditation before bed.
- Consider acupuncture treatments to reset your sleep cycle.

■ Acupressure You Can Try at Home

- Pericardium 6 (wrist crease) – for calming the mind.



- Kidney 1 (sole of foot) – grounding energy before sleep.



- Anmian (behind the ear) – specifically for improving sleep.



■ Nutrition & Supplements for Sleep

- Avoid caffeine after 2 PM.
- Enjoy light, balanced dinners.
- Consider gentle supplements like magnesium or L-theanine (like RelaxMax from Xymogen).

With these natural strategies, you can begin to create a calmer evening routine and set the stage for deeper, restorative sleep. For more personalized support, acupuncture and functional medicine treatments can help bring your body into balance.

To schedule an appointment, call 941-724-0805 or visit www.DaverioHealth.com