

# The Duopody<sup>®</sup> Reflexology Guide to Better Sleep

Restoring Homeostasis through Clinical Reflexology



## Introduction

Sleep is a critical physiological state where your body repairs tissue, consolidates memory, and regulates hormones. Chronic sleeplessness is often a disruption of homeostasis - the body's internal state of balance.

## How Duopody Supports Sleep

My specialised Level 5 training (**Duopody<sup>®</sup>** and **NEPIP<sup>®</sup>**) stimulates the Parasympathetic Nervous System. This crucial transition from "Fight or Flight" to "Rest and Digest" lowers cortisol and encourages the production of sleep regulating hormones via the endocrine system.



## Clues in the Night

**The Organ Clock:** The time you wake up provides vital "Organ Clock" clues. If you consistently wake at the same time (e.g., between 1 am and 3 am), this points to specific meridians that require attention.

## Personalising Your treatment plan

To help us find the best path forward for your treatment, please use the tracker sheet to keep an eye on your Energy, Stress, and Sleep Quality. Your insights will help me tailor our plan specifically to you



## CAREA Reflexology Academies

Reflexology on Another Level

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