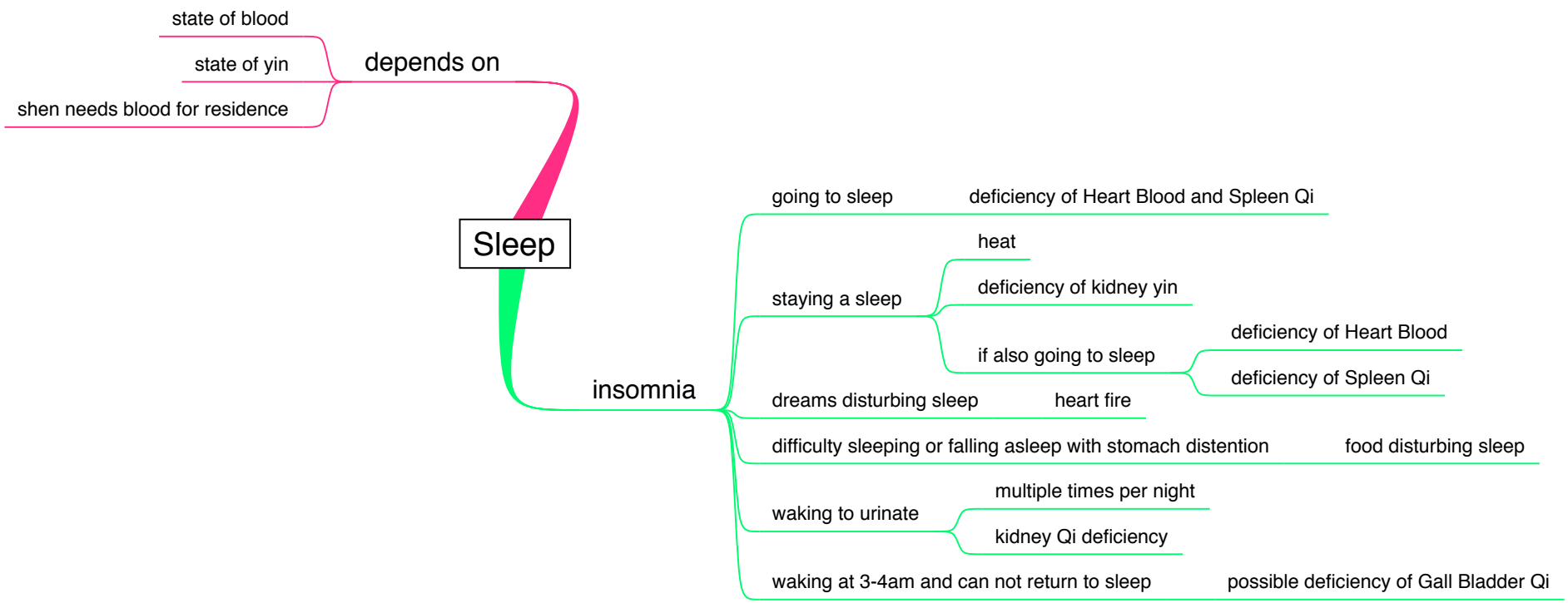
Sleep
depends on
state of blood
state of yin
shen needs blood for residence
insomnia
going to sleep
deficiency of Heart Blood and Spleen Qi
staying a sleep
heat
deficiency of kidney yin
if also going to sleep
deficiency of Heart Blood
deficiency of Spleen Qi
dreams disturbing sleep
heart fire
difficulty sleeping or falling asleep with stomach distention
food disturbing sleep
waking to urinate
multiple times per night
kidney Qi deficiency
waking at 3-4am and can not return to sleep
possible deficiency of Gall Bladder Qi