

Primary pattern: **Abdominal reflex/Sleep pattern**

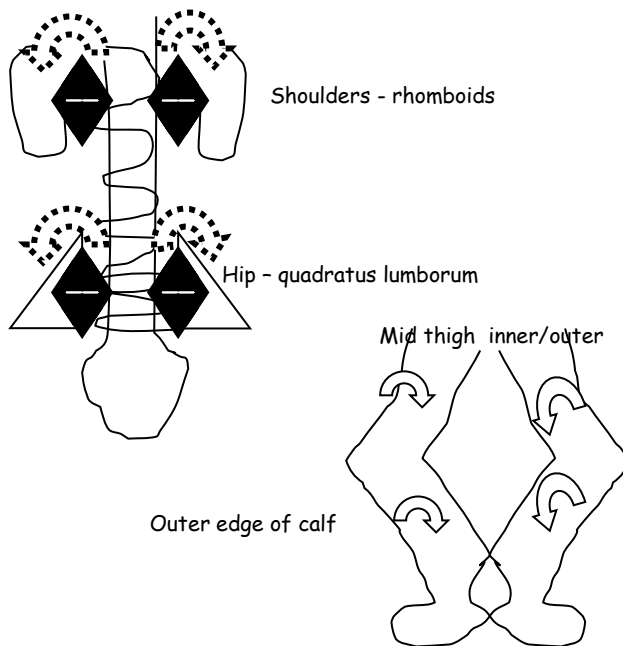
Pattern posture:

- When placed on tummy, head/chin tuck (12 degrees) flexion direction
- Extension of arm/leg opposite
- Abdominal pattern with head tuck turns brain off

Purpose of pattern:

- Triggers brain to shut down
- Useful for efficient sleep patterns

Process:



- ✓ Child is on tummy (bed, floor, against adult)
- ✓ Small circles 7x times each spot
- ✓ Repeat entire set 4-6x
- ✓ Daily use of this technique can help to improve sleep and tolerance for tummy time

Head to left, left arm/leg flexed

- Small circles up and away from spine at shoulder (rhomboid)
- Small circles up and away from spine at hips (quadratus lumborum)
- both sides of leg (midpoint inner/outer) small circle moving head direction, up and back around
- calf small circles moving head direction up and back

Repeat by turning head to the right with right arm/leg flexed

Supporting reflex patterns

- Moro and fear paralysis - these patterns are protective patterns that work against the production of melatonin. Embracing squeeze can calm these patterns
- Tonic Labyrinth - release of sacrum allowing fluidity with cerebral spinal fluid movement
- Spinal galant and spinal perezze - when hyperactive there is increased sensitivity preventing efficient natural sleep
- Flying and landing and landau produce serotonin which can trigger balance through breathing and allow natural release of melatonin at night

Evidence Based Decision Making

Webinar by Svetlana Masgutova Sleep and Reflexes. January 2015

