

Supplementary File: Indications, effects and roles of the selected acupoints

Acupoints	Meridian	Location	Indications, effects and roles
Zusanli (ST36)	Stomach Meridian	3 cun (four finger breadths) below the kneecap, and one thumb breadth from the lateral of the tibia's anterior crest	<ul style="list-style-type: none"> ▪ Tonify <i>qi</i> and blood ⁽¹⁾ ▪ Commonly used for managing fatigue, insomnia and depression ⁽²⁾⁽³⁾⁽⁴⁾
Sanyinjiao (SP6)	Spleen Meridian	Medially 3 cun (four finger breadths) above the ankle (inside)	<ul style="list-style-type: none"> ▪ Invigorate the spleen to reinforce <i>qi</i> and nourish the liver to tonify <i>yin</i> and blood ⁽⁵⁾⁽⁶⁾ ▪ Commonly used for managing fatigue, insomnia, palpitations and anxiety ⁽²⁾⁽³⁾⁽⁴⁾
Taixi (KI3)	Kidney Meridian	In the depression between the medial malleolus tip and calcaneal tendon	<ul style="list-style-type: none"> ▪ Tonify kidney <i>qi</i> and nourish kidney <i>yin</i> ⁽⁷⁾ ▪ Commonly used for managing fatigue and insomnia ⁽²⁾⁽³⁾⁽⁴⁾
Hegu (LI4)	Large Intestine Meridian	Between the first and second metacarpals, at the midpoint of the radial side of the second metacarpal	<ul style="list-style-type: none"> ▪ Promote the circulation of <i>qi</i> and blood ⁽⁸⁾ ▪ Commonly used for symptoms in relation to <i>qi</i> and blood stagnation such as fatigue, insomnia and depression ⁽²⁾⁽³⁾⁽⁴⁾
Neiguan (PC6)	Pericardium Meridian	Between the palmaris longus tendons and flexor carpi radialis muscles, and 2 cun above the wrist crease	<ul style="list-style-type: none"> ▪ Promote the circulation of <i>qi</i> and blood ⁽⁹⁾ ▪ Commonly used for symptoms from <i>qi</i> stagnation such as insomnia and spirit disorders ⁽²⁾⁽³⁾⁽⁴⁾
Shenmen (HT7)	Heart Meridian	In the depression radial to the proximal border of the pisiform bone	<ul style="list-style-type: none"> ▪ Tonify deficiencies of the heart <i>qi</i>, calm the heart and tranquilize the mind ⁽¹⁰⁾ ▪ Commonly used for managing insomnia and emotional distress ⁽²⁾⁽³⁾⁽⁴⁾
Baihui (GV20)	Governing Vessel Meridian	The intersection of the median line of the head and the line connecting the highest points of two ears	<ul style="list-style-type: none"> ▪ Soothe the liver, rectify <i>qi</i>, calm the heart and the mind ⁽¹¹⁾ ▪ Commonly used for symptoms related to liver function depression and <i>qi</i> stagnation, and is recommended for managing depression and insomnia ⁽²⁾⁽³⁾⁽⁴⁾
Qihai (CV6)	Conception Vessel Meridian	On the anterior median line and 1.5 cun below the umbilicus	<ul style="list-style-type: none"> ▪ Build and store <i>qi</i> via complementing the congenital deficiency, and tonify kidney and consolidating the root ⁽¹²⁾ ▪ Commonly used for symptoms related to <i>qi</i> deficiencies such as fatigue ⁽³⁾⁽⁴⁾
Guanyuan (CV4)			
Yintang (EX-HN3)	Extra point	The midpoint between the medial ends of the two eyebrows	<ul style="list-style-type: none"> ▪ Soothe the liver, rectify <i>qi</i>, calm the heart and the mind ⁽¹¹⁾ ▪ Commonly used for symptoms related to liver depression and <i>qi</i> stagnation, a recommended acupoint for managing depression and insomnia ⁽²⁾⁽³⁾⁽⁴⁾

Taichong (LR3)	Liver Meridian	On the foot dorsum, in the depression distal at the junction of the first and second metatarsal bone	<ul style="list-style-type: none"> ▪ Promote the flow of <i>qi</i> and blood in the body ⁽⁸⁾ ▪ Commonly used for insomnia ⁽²⁾⁽³⁾⁽⁴⁾
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