Acupuncture increases natural nocturnal melatonin secretion that reduces anxiety and increases sleep hours (2). It also has been proven to be “superior to medications, increasing sleep for 3 hours or more during a sleep cycle. Also, acupuncture plus medications “showed better effect than medications alone on total sleep duration” (3). Symptoms of Insomnia. Acupuncture Increases Nocturnal Melatonin Secretion and Reduces Insomnia and Anxiety: A Preliminary Report. Journal of Neuropsychiatry & Clinical Neurosciences, Volume 16 Issue 1, February 2004, 19-28. (3) Cao, Pan, Li, Liu. Acupuncture for treatment of insomnia: a systematic review of randomized controlled trials. J Altern Complement Med. 2009 Nov;15(11):1171-86.