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Spiritual GPS Service

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12th house also indicates how well you sleep.

Afflictions to the 12th house and the moon can cause insomnia, problems in getting a sound sleep.

Even transit of planets like Saturn, Mars, Nodes (Rahu/Ketu) over your 12th house or moon can temporarily affect your sleep/dreams.

If you are having problems sleeping then try washing your feet or taking a bath before you sleep, it will help you relax.

Its a natural remedy for your 12th house and the moon.

Even going for walks before you sleep can help.