

## Twitter Thread by Spiritual GPS Service



**Spiritual GPS Service**

@AstroCounselVik



**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.