**Supplementary Content**

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| Session | acupoints | Location |
| 1, 4, 7 | EX-B2 | 0.5 *cun* lateral to the depression below the spinous process of the 4th cervical vertebra |
| LI 10 | on the dorsal-radial side of the forearm, 2 *cun* inferior the transverse crease of the elbow, on the line joining LI5 and LI11 |
| EX-UE | on the midpoint of the line between the top of anterior axillary folds and LI15 acupoint |
| GB 29 | at the lateral gluteal, the midpoint of the line between anterior superior iliac spine and the most convex point of the greater trochanter   |
| GB 33 | on the lateral side of the knee, the depression above the external epicondyle of the femur |
| 2, 5, 8 | SJ14 | in the depression posteroinferior to the acromion when arm is abducted |
| LU5 | on the transverse cubital crease, the radial side of the tendon of the biceps brachii |
| SJ4 | in the dorsal of the transverse crease of the wrist, the depression of the ulnar border of the total extensor tendon |
| BL24 | 1.5 *cun* lateral to the depression below the spinous process of the 3th lumbar vertebra |
| BL40 | the midpoint of the transverse crease of the popliteal fossa  |
| BL58 | on the lateral of the calf, 7 *cun* above the BL60 acupoint |
| 3, 6, 9 | LI14 | 7 *cun* above the transverse crease of the elbow, on the line joining LI11 and LI15 |
| PC3 | on the transverse cubital crease, the depression of the ulnar border of the tendon of biceps brachii |
| LI5 | at the dorsal transverse crease of the wrist, at the depression between the tendons of the short extensor and long extensor of the thumb when the thumb is upward |
| ST31 | In anterior of the thigh, flush with the transverse crease of the hips, on the line joining the anterior superior iliac spine and the lateral side on the bottom of the patella |
| LR8 | on the medial side of transverse crease of the knee, the posterior edge of the medial condyle of the femur when bending the knee |

 Table 1: Location of acupoints chose in trial group

\* Additional points could be chosen according to syndrome differentiation：

（1）constipation：ST25；（2）insomnia: BL14