



## ITM Free Resource for Day 26, August 26th, 2022

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**Today's Topic: [3 Ways to Sleep Better](#) | Contributor: Practitioner Alice Bradshaw**

### **3 Ways to Sleep Better with EFT Tapping**

EFT Tapping is a great tool to foster blissful long nights of uninterrupted sleep as it is known to lower the body's stress response. And, it is a given that we must be in a "rest or digest" state rather than a "fight or flight" state in order to fall asleep.

Although underlying causes of insomnia also need to be tackled, the following three ways of working with EFT Tapping can be used alongside any other work you may be doing.

#### **1. Talk and Tap**

A very helpful way to use EFT Tapping is to simply Tap around all the points (use the finger points, too— if you like!) and talk about how your day has gone. You can linger on any events that feel especially intense. It might take only a couple of rounds, or it might feel good to spend ten minutes or so Tapping and talking.

Here's one round as an example:

**Side of the hand:** I couldn't wake up with the alarm, I felt so groggy.

**Eyebrow:** And then I was in a rush to get the kids out of the house and get to work on time.

**Side of the eye:** I felt pretty calm at work, things went well in the morning.

**Under the eye:** Then I had that HORRENDOUS meeting after lunch – I can't believe he SAID that!!

**Under the nose:** I mean, how ridiculous!

**Under the mouth:** I would never have expected him to come out with THAT!

**Collarbone:** It makes all our work the past month seem worthless.

**Under the arm:** It's really sad he doesn't seem to value my team.

**Top of the head:** After work I had a nice quiet, relaxed evening, the kids were really funny.

When we consciously process events in the day in this way before going to sleep, we are less likely to find those thoughts, feelings, words and events going round in our heads as we lie waiting to sleep. Balancing our thoughts and feelings about seemingly small events (or not so small events) from the day helps us to sleep better as our unconscious mind doesn't need to do so much work in our dreams and at other levels of our consciousness.



## 2. Positive Sleep Intentions

After talking and Tapping, let's tell our brains and bodies what we want to focus on! It's better to avoid phrases such as "I'm going to fall asleep right now," as this can feel too much of an unbelievable stretch. Try some gentler phrases to softly lead the mind and body in the direction you want to go.

Here are some examples of phrases you could use:

**Side of the hand:** Even though there were some things that happened today that I didn't enjoy, I choose to let them go now.

Even though there were times today when I felt stressed, I choose to let them go.

Even though I've still got some problems that I haven't resolved, I choose to let them go for the night.

Even though I'm not sure this is going to work, I'm willing to give it a go and I'm open to the possibility that I may be pleasantly surprised how easily sleep comes.

**Eyebrow:** I choose to let go of my day.

**Side of the eye:** I choose to release all thoughts and feelings about my day.

**Under the eye:** I can always pick them up again in the morning if I need to.

**Under the nose:** I choose to sleep soundly and deeply.

**Under the mouth:** I choose to fall asleep easily and quickly.

**Collarbone:** I choose to surprise myself by sleeping soundly and deeply through the night.

**Under the arm:** I choose to wake up in the morning feeling refreshed and energized.

**Top of the head:** I choose to feel sleepy now.

**Eyebrow:** I choose to let go of all thoughts and worries about the day.

**Side of the eye:** I choose to let go of all thoughts and worries about tomorrow.

**Under the eye:** I choose to feel sleepy and completely relaxed and calm.

**Under the nose:** I choose to wake up in the morning feeling refreshed and energized.

**Under the mouth:** I choose to let go of my day.

**Collarbone:** I choose to surprise myself by falling asleep easily and quickly.

**Under the arm:** I choose to sleep soundly and deeply.

**Top of the head:** I choose to feel sleepy now and completely relaxed.



Take a couple of deep breaths in and out. You can do one round, or two or three, whatever feels right for you.

### 3. Touch and Breathe

Great, you surprised yourself by falling asleep really quickly! But now you're awake as usual at 3:00 a.m. What to do?

One technique that is really helpful is simply to touch the Tapping points instead of Tapping on them. There are several advantages of this:

- You don't have to sit up, as you can do it lying on your side, or you could just use the finger points in any lying position.
- You don't disturb anyone you sleep with.
- It is very gentle. Sometimes Tapping can feel a bit strong and active when we would really like to just gently slip back into sleep.

To use *Touch and Breathe*, simply place one or two fingers on each point in turn and take a naturally deep breath in and out. Move on to the next point and take another breath in and out. No words and no particular thoughts are necessary. When I use this technique, I find that I get to about the fourth point in the sequence and then I'm asleep!

I hope you can use one or all of these techniques regularly and that you notice an improvement in your sleep quality!

—Alice Bradshaw

[www.TapWithAlice.com](http://www.TapWithAlice.com)