



## ITM Free Resource for Day 16: August 16, 2023

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### Today's Topic: *I Can't Sleep!*

Are you tossing and turning at night, not being able to sleep? Perhaps because your mind won't stop thinking so many thoughts or maybe because your body is restless? And you're exhausted!

Let's Tap for it! As always, wash your hands and have some water handy. Let's begin, shall we?

*[Make sure you take responsibility for your actions. Thus, stop if needed. And, if you first need/want to seek the advice of your mental/medical health professional, do so. This resource is not meant as treatment or to be a diagnosis. It is provided merely as information.]*

### "I Can't Sleep!"

When you say this out loud, what comes up for you? Or make your own statement. But, be as specific as possible. Or perhaps you feel something in your body, perhaps your chest. Make note of these things.

Write down what's coming up for you below. And, make note of how strongly you feel about everything on a scale of 0 (calmest) to 10 (most riled).

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Then, form your own set-up statement, using the following sample and one Tapping points round as a starting guide. Begin Tapping on the Side of Hand and say:

***"Even though I can't sleep and I'm exhausted, that's just where I'm at." (Or, "I deeply and completely love and accept myself".)***

<b>Side of hand:</b>	See above, state three times	<b>Chin:</b>	<i>Why can't I just fall asleep?</i>
<b>Eyebrow:</b>	<i>I can't sleep, and I'm so tired</i>	<b>Collarbone:</b>	<i>I am sooo tired, and I can't sleep</i>
<b>Side of eye:</b>	<i>My mind is so busy</i>	<b>Under arm:</b>	<i>Tossing and turning, I can't sleep</i>
<b>Under eye:</b>	<i>I can't seem to sleep</i>	<b>Top of head:</b>	<i>I just want to fall asleep now!</i>
<b>Under nose:</b>	<i>I feel restless yet want sleep</i>		

So just start Tapping. Do as many rounds as needed. (Know that the feeling may intensify; this is normal and is a great sign that things are shifting for you. Just continue Tapping when you can.)



Jot down whatever comes up for you below. Take note of where you are on the 0 to 10 scale, with zero being calm and relaxed and 10 feeling really charged up about things.

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Another set-up statement sample for your convenience for today's topic: **I Can't Sleep!**

***“Even though I’m sooo tired, and I can’t sleep right now, that’s just where I’m at.” (Or, “I deeply and completely love and accept myself.”)***

Notes:

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After completing these rounds of EFT Tapping for the theme, ***I Can't Sleep!***  
But, do take note of how you're feeling and where to continue in your next round.

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*Happy Tapping!*

- The ITM Team