



Jessica: Welcome to this tapping meditation for a restful night's sleep. This is Jessica Ortner. If you're new to tapping, please go to thetappingsolution.com to learn the process.

We will begin by giving a voice to any anxiety that could be impacting your sleep. By acknowledging how you feel and tapping on the points, you're letting your brain know that even with these thoughts it's safe to relax. Once you relax, you have the power to choose the thoughts that best support you.

Let's begin by taking three deep breaths. Inhale through your nose, and exhale through your mouth. Inhale, and exhale. Inhale, and exhale. Tapping on your karate chop point, repeat after me:

SH: Even though I'm having trouble sleeping,
I accept myself and I'm okay.

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EB: This struggle to sleep,
SE: This tension in my body,
UE: This racing mind,
UN: I really want to sleep,
CH: But I just can't,
CB: And then I become frustrated,
UA: All this tension,
TH: All this pressure,

EB: I really need to sleep,
SE: But I feel so alert,
UE: There's so much to think about,
UN: This internal struggle,
CH: This pressure I feel in my body,
CB: This pressure I feel in my life,
UA: I'm trying to figure it all out,
TH: Maybe it's safe to take a break,



EB: Maybe there's nothing to fix right now,
SE: I don't need to make sleep happen,
UE: I simply allow it to happen,
UN: But I don't exactly know how to do that,
CH: And that's okay,
CB: I release the thoughts in my mind,
UA: And I allow my body to take over,
TH: It knows what to do,

EB: I feel calm and centered in my body,
SE: I breathe in peace,
UE: And I exhale any remaining tension,
UN: I trust my body,
CH: I trust my life,
CB: As I relax and sleep,
UA: All the answers I need will come,
TH: It's safe to relax.

Jessica: Take another deep breath in, exhale. Continue breathing deeply as you place your hands over your heart. Out loud, or simply in your mind, I want you to whisper these words as if you were speaking to your own heart, "I trust you. All is well." Continue breathing deeply, and I hope you have a beautiful night's sleep.