



Tapping for Sleep

What is Tapping?

Tapping is a combination of Ancient Chinese Acupressure and Modern Psychology that works to physically alter your brain, energy system, and body all at once. It is a type of vibrational acupressure where you tap lightly, 5 to 7 times, with your fingertips on Chinese acupoints on the side of your hands, face, chest, side of your trunk, and top of your head. Tapping is paired with focusing statements on an issue or symptom you want to decrease like worries, discomfort, frustration, or on a goal like falling asleep, staying asleep, going back to sleep, or relaxing. When you combine Tapping with identifying and accepting a problem without judging it, the problem is neutralized and released from your body.

How does Tapping help me sleep?

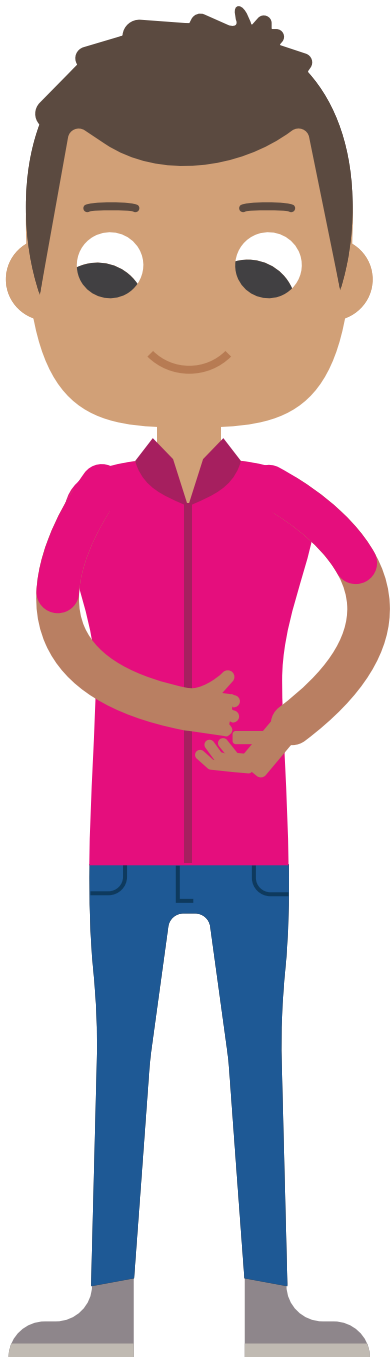
Tapping decreases cortisol and adrenaline, which are natural stress hormones made by your body. Stress is linked to many problems including poor sleep. Tapping decreases stress, lowers cortisol levels, improves sleep, reduces anxiety, relieves pain, improves your immune system, and increases your energy and productivity.

What are the 9 tapping points and in what order do I tap them?

1. Karate Chop
2. Eyebrow
3. Side of Eye
4. Under Eye
5. Under Nose
6. Chin
7. Collarbone
8. Under Arm
9. Top of Head

How do I do Tapping for Sleep?

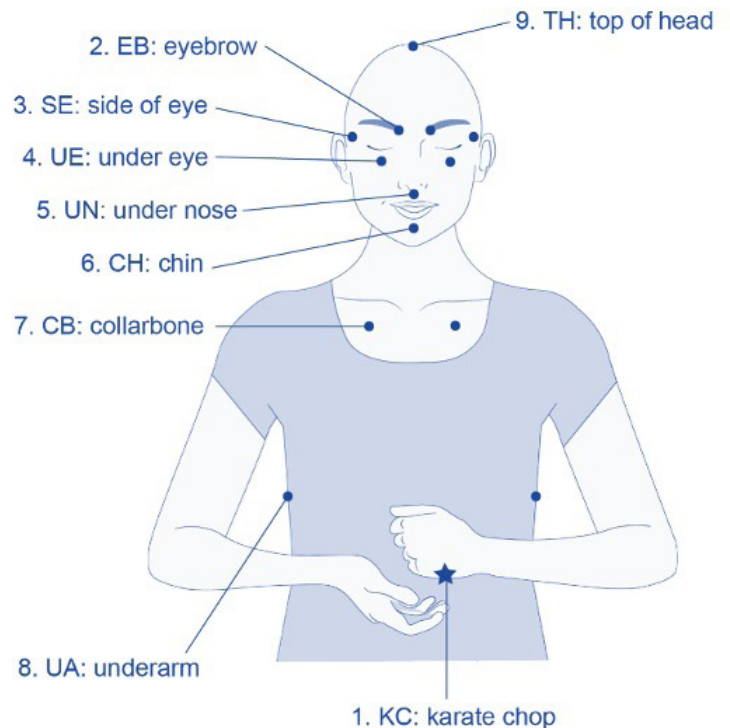
First, wash or sanitize your hands with hand sanitizer since you will be tapping points on your face. Use the script provided or listen to a recording on tapping as you tap each point in the order listed on the next page.



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Where are the 9 tapping points and how do I tap them?

- Start with the **1st point** called the **Karate Chop** point on the outer edge of the hand, on the pinky side of the hand. Gently tap this point with the fingertips of your index, middle, ring, and pinky fingers on the left side or the right side of your hand, whichever feels best. It is fine to alternate left and right sides as you tap.
- Then tap the **2nd point** which is on the face called the **eyebrow** point where the eyebrow begins, closest to the bridge of the nose. You can gently tap the **eyebrow** point on one or both sides with the tips of your index and middle fingers.
- Then tap the **3rd point** called the **Side of the Eye** point on the bone directly along the outside of either eye. You can find it by sliding your fingertips around the bone from the eyebrow to the outside of the eye and tap gently with the tips of your index and middle fingers.
- Then tap the **4th point** called the **Under the Eye** point on the bone directly under either eye. You can find it by sliding your fingertips around the bone from the outside of the eye to underneath the eye and tap gently with the tips of your index and middle fingers.
- Then tap the **5th point** called the **Under the Nose** point in the area directly beneath the nose and above the upper lip. It is $\frac{1}{3}$ of the way between the nose and the upper lip. Gently tap the area with the tips of your index and middle fingers.
- Then tap the **6th point** called the **Chin** or under the mouth point in the area just below your bottom lip and above the chin, right in the crease. Gently tap the area with the tips of your index and middle fingers.
- Then tap the **7th point** called the **Collarbone** Point. Starting from where your collar bones meet in the center, find the notch and then go down an inch and out an inch on either side. Gently tap the area with the tips of your index, middle and ring fingers on both sides or use your entire palm to tap or pat the area on your chest to cover both points. Do what feels right to you.
- Then tap the **8th point** called the **Under the Arm** Point on your sides, about four inches beneath the armpit on either side. Gently tap the area with the tips of your index, middle and ring fingers on one side. Or you can tap both sides like you are giving yourself a bear hug.
- Finally tap the last **9th point** called the **Top of the Head** Point. It is directly on the crown or top of your head. Gently tap the area with the tips of your index, middle and ring fingers.





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Why should I do Tapping every day?

Tapping is a skill, and like any skill, the more you practice it, the better you become at it and the more helpful you will find it for sleep. It may also help with relaxation, reducing stress, and decreasing physical discomfort or pain. We invite you to practice Tapping every day – it takes less than 10 minutes. Even 4 times a week can be very beneficial.

When is the best time of day for me to practice Tapping?

Tapping for Sleep works best for sleep when you practice before going to bed as part of a bedtime routine.



How do I practice Tapping for Sleep at home?

When you are first learning tapping for sleep, it can also be helpful to listen to an audio recording that guides you through the steps. There are 2 ways you can listen:

1. Download the free app called the Tapping Solution and play the 10 minute free tapping meditation called “Sleep Support – Quiet my Racing Mind.” You can also explore other free tapping meditations on the same Tapping Solution app.
2. Go to the website using the QR code to the left or go to <https://www.thetappingsolution.com/blog/sleep-support-quiet-racing-mind-tapping-meditation/> and click on the audio link for the 10 minute “Sleep Support – Quiet my Racing Mind” guided meditation.



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