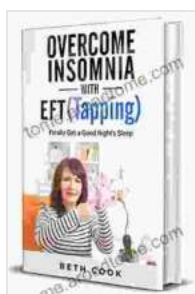


Overcome Insomnia with EFT Tapping: The Ultimate Guide to Restful Sleep

Do you find yourself tossing and turning all night, unable to fall or stay asleep? Insomnia, a common sleep disorder, can leave you feeling exhausted, irritable, and unable to function properly during the day. While prescription medications can offer temporary relief, they often come with side effects and can be addictive.



Overcome Insomnia with EFT (Tapping): Finally Get a Good Night's Sleep (Improving Sleep) by Beth Cook

★★★★☆ 4.1 out of 5

Language	: English
Hardcover	: 36 pages
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Enhanced typesetting	: Enabled
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Fortunately, there is a safe and effective natural remedy for insomnia: EFT tapping.

What is EFT Tapping?

EFT, also known as Emotional Freedom Techniques, is a mind-body healing technique that uses gentle tapping on specific acupuncture points on the face and body. By combining tapping with positive affirmations, EFT helps to release emotional and energetic blockages that contribute to insomnia.



How EFT Tapping Helps Insomnia

EFT tapping works on multiple levels to address the root causes of insomnia:

- **Reduces stress and anxiety:** Insomnia is often caused or worsened by stress and anxiety. EFT tapping helps to calm the nervous system, reduce racing thoughts, and promote relaxation.

- **Regulates the sleep-wake cycle:** EFT tapping balances the body's natural sleep-wake cycle, helping you to fall asleep more easily and stay asleep throughout the night.
- **Releases negative emotions:** Insomnia can be a symptom of underlying emotional issues, such as fear, anger, or grief. EFT tapping helps to release these emotions and promote emotional healing.

Scientific Evidence for EFT Tapping and Insomnia

Numerous scientific studies have shown the effectiveness of EFT tapping for insomnia:

- A study published in the *Journal of Clinical Sleep Medicine* found that EFT tapping significantly reduced insomnia symptoms in adults after just 8 weeks of treatment.
- Another study, published in *Alternative Therapies in Health and Medicine*, reported that EFT tapping improved sleep quality and reduced anxiety in people with chronic insomnia.

How to Use EFT Tapping for Insomnia

EFT tapping for insomnia is a simple and straightforward process that can be done in the comfort of your own home. Here is a step-by-step guide:

1. Identify your acupuncture points

The main acupuncture points used for EFT tapping for insomnia are:

- Karate Chop Point
- Top of the Head

- Eyebrow
- Side of the Eye
- Under the Eye
- Under the Nose
- Chin
- Collarbone
- Under the Arm

2. Choose a positive affirmation

Your affirmation should be a short, positive statement that affirms your desire for restful sleep. For example, "I am calm and relaxed, and I sleep soundly tonight."

3. Begin tapping

Tap on each acupuncture point while repeating your affirmation aloud or silently. Start with the Karate Chop Point and continue tapping in the Free Download listed above. Repeat the tapping sequence 3-5 times.

4. Pay attention to your emotions

As you tap, pay attention to any emotions or physical sensations that arise. Acknowledge and release these emotions without judgment.

5. Repeat as needed

Repeat the EFT tapping sequence as many times as necessary to calm your nervous system and promote sleepiness. You can also use EFT tapping before bed to help you fall asleep more easily.

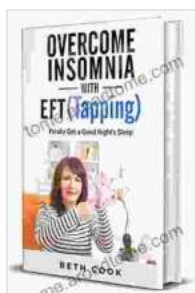
Tips for Success

- Be consistent with your EFT tapping practice.
- Focus on the present moment and let go of any worries or concerns.
- Be patient and don't give up if you don't see results immediately.
- Consider working with a qualified EFT practitioner for guidance and support.

Overcome Insomnia with EFT Tapping is your essential guide to conquering insomnia and regaining restful sleep. This comprehensive resource provides a step-by-step approach, backed by scientific evidence, to help you achieve the deep and restorative sleep you deserve. Embrace the power of EFT tapping and transform your nights from sleepless struggles to blissful slumber.

Free Download your copy today and start your journey towards a peaceful and rejuvenating sleep!

Free Download Now



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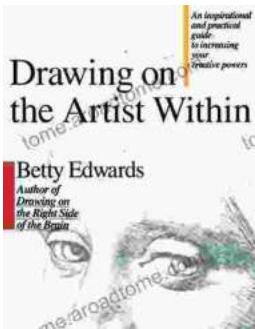
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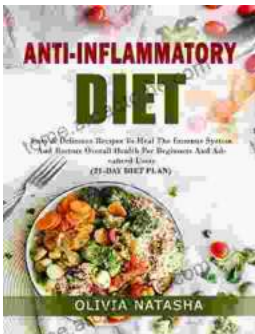
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