



Tapping For A Good Night's Rest

Are you looking for something to help you sleep through the night? Try this right before you go to bed.

There are a number of things that didn't go as planned today.

Some of them are still on my mind.

They are floating around in the forms of regret and disappointment.

At this point there is nothing I can do about these things.

I give myself permission to let these worries and anxieties to melt away.

If I need these worries and anxieties again tomorrow I can re-find them.

More than likely after a good night's sleep these things will seem less daunting and tomorrow I will have the opportunity to respond in a new way.

There are a number of things that I am thinking about that are going to happen tomorrow or sometime in the future.

There is nothing that I can do about these things tonight.

The best thing that I can do about the unknown that is coming in the future is to get a good night's sleep so that when I wake tomorrow I will be well rested and re-energized to take on these tasks and opportunities.

When I climb into bed tonight I will fall asleep easily and gently.

When my head hits the pillow my body will naturally relax.

It will happen easily and gently.

Even if I don't fall asleep right away that is OK because I know just resting in bed is going to do a lot for my system, giving it a chance to slow down and heal.

I know the part of my system that is responsible for sleep works very hard.

The logo features a stylized blue hand icon on the left, with fingers spread, positioned above the word "TAPPING" in a bold, blue, sans-serif font. To the right of "TAPPING" are the letters "Q&A" in a larger, grey, sans-serif font.

It wants me to sleep and to receive all the amazing benefits that come from a night of restful sleep.

I appreciate the part of me that is responsible for sleep, even though I sometimes am hard on myself and this part of my system when it has a hard time sleeping.

I want the part of my system that is responsible for sleep to know that it is not alone in providing me sleep.

The whole system is committed to a night of deep, relaxing, gentle sleep.

Whatever other parts of the system that the sleep part wants to call on, I give it permission to do that now.

AND I want it to know that I want it to work with the rest of the system.

My system works best when all the parts are working together.

I am going to have restful sleep tonight.

I am going to have gentle sleep tonight.

I am going to have re-energizing sleep tonight.

I am going to have healing sleep tonight.

I am going to sleep in such a way that it will feed my creativity and inspiration tonight.

In the morning I am going to wake up gently and easily.

I am going to wake up re-energized and ready to take on a new day.

I am going to wake with open eyes to new opportunities and bigger dreams.

I am going to wake knowing that this night's sleep served me and the new day very well.

I give myself permission to have a gentle, restful night of sleep.

My sleep is important.

During sleep my system has the recharge and re-energize.



During sleep my conscious, subconscious, and unconscious minds have the opportunity to sort out all the new information and lessons from today.

While I am sleeping I don't need to give any of these functions any thought.

My system can take care of all of this while I get a gentle, restful night of sleep.

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Gene Monterastelli is the editor of TappingQandA.com. Gene works with clients from all over the world one-on-one and in groups. Gene enjoys teaching advanced techniques in tapping and teaching practitioners how to grow their practice.