



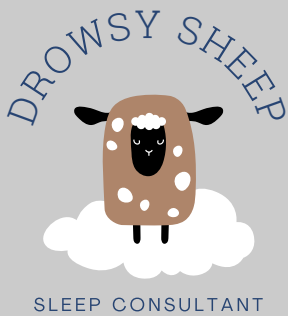
SLEEP CONSULTANT

1) Emotional issues about sleep

- Questions to ask
 - What are your sleep stories?
 - How do you talk about sleep? What type of sleeper are you?
 - What type of sleeper are you?
 - How would you describe yourself as a sleeper
 - How did your family talk about sleep?
 - At what points did you not have control over sleep and how did that make you feel?
 - What goes wrong if I get a good night's sleep?
 - What goes wrong if you don't sleep through the night?
- Tapping to install new identity
 - In the past I have believed the story that...
 - I now choose to believe the story that...
 - The old story was picked up to keep me safe...
 - I choose to put that story down because it no longer serves me and I choose to pick up the story...

2) Change the desired outcome and relationship to sleep

- The goal is not to sleep all night, but rest, how ever that comes
- Why statements
 - Rest will feed my dreams
 - Rest will not feed my fears
- Listen to your system



3) Relaxers

- Tap for the room, bed, linens, pillow, things you wear
- Tapping without words
- Stress boxes planted in my stress garden
 - Imagine stress and tension being put in a box
 - Imagine the box being planted in a garden
 - Imagine the garden turning the stress into peace
 - Repeat the process
- Powering down the factory
 - Tapping
 - Imagine your system is a factory and foreman is walking around powering down all the systems that don't need to be running
- Tapping + Box Breathing + Tide Going out
 - Tapping the whole time
 - Breath in one count, pause one count, breath out count, pause one count
 - On exhale feel stress rushing out of body with the tide

4) Middle of the night tapping (not to fall back asleep)

- Tapping without hands
- Tapping for rest, not sleep
- Any of the relaxers