



Complementary methods to help you sleep: Tapping

Troubled mind, tired body, stressed out, fear, anxiety, exams, projects, travelling & jetlag, are common in our lives making falling asleep and sleeping well sometimes a problem. Nothing feels more defeating than checking the time in the dark and realizing you haven't been able to sleep yet another night. And instead of falling asleep you realize your mathematical abilities have improved. Sleep is an existential necessity for maintaining health, performance and safety. An occasional night without sleep is not dangerous it may affect our daily routine, however chronic lack of sleep affects our overall health in many ways. Read more [The Art of Sleep](#)

Sleep issues tend to be one of the most common symptoms that accompanies stress and anxiety. According to the American Sleep Association, about 50-70 million American adults have some type of sleep disorder with insomnia being the most common. There are a number of complementary methods and practices that can help the body relax in order to be able to enter into deep sleep. Some of these techniques are [Aromatherapy](#), visualization, [Progressive Muscle Relaxation](#) and Tapping.

What is Tapping

- It is a practice that consists of tapping with your fingertips on specific meridian or channel points in the body while focusing on emotions or physical sensations.
- Tapping is based on the combination of Ancient Chinese acupressure and modern psychology
- It is also known as EFT: Emotional Freedom Technique
- It is a technique that helps calm the nervous system, rewire the brain to respond in proper manner and restore the body's balance of energy, calm the mind and help you fall asleep.
- Tapping is a powerful holistic healing technique that has been proven to resolve issues like stress, anxiety, phobias, insomnia, emotional disorders, chronic pain, weight control, sleep disorders and other.





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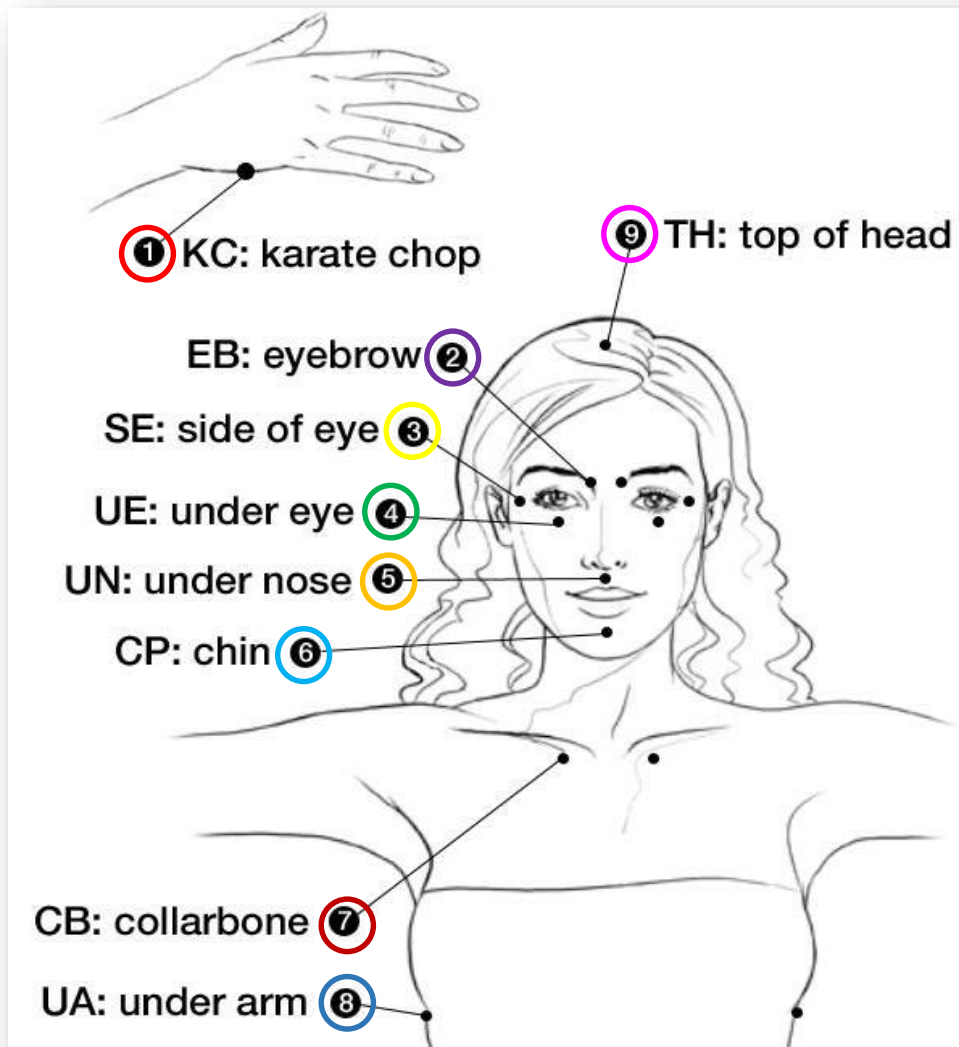
Prepare to sleep

- Before going to bed, avoid caffeine, your computer, phone or anything else that stimulates your mind or body.
- Take a bath, meditate, pray, do some exercises to help induce sleep like gentle stretches, yoga, breathing exercises, drink some herbal tea, listen to relaxing music
- Once in bed in vision places, thoughts, feelings, ideas that make you relax
- Start tapping on different parts of the body and tap as long as it feels good and you feel relaxed.
- Alternate tapping on the different parts of the body: i.e crossing the arms over the chest and tapping back and forth on the upper arms or it can be done by tapping back and forth on your thighs like your playing a drum and by tapping on certain points in the face as illustrated in this Know the Fact publication
- As you tap, you can also say calming words to yourself such:
 - "I am safe"
 - "I am joyful"
 - "I am accomplishing so much."
 - "I enjoy the calm and peace that I have."
 - "I love the person that I am."
 - "I am becoming a more relaxed."
- You can hum a lullaby or a song in your mind. Lullabies touch your heart and soothe you,
- If you should wake up in the middle of the night, tell yourself its ok. Bring up your comforting images and tap again. Tap until you relax into sleep. Focus on bringing in relaxation to the present moment and releasing/letting go of any tension or racing thoughts keeping you awake.
- If you can't manage to sleep for more than 20 minutes, you need to reset. Get up, go to another room, and do a quiet, soothing activity, like applying oil/cream on your face and hands, meditate, read a book, or sip a cup of chamomile or herbal tea. Keep the lights dim to remind your body that it's still nighttime and avoid using your phone, tablet, laptop, or TV screen. Avoid checking the time as it may add to the stress of not being able to sleep. Your goal is to be mindful and concentrate on the present moment and letting go of tension or racing thoughts that are keeping you awake. Once you give yourself a break, return to bed, bring to mind your resource images from above, and tap again.





Tapping points



How to tap

1. Use firm but gentle pressure.
2. Use 2 or 4 fingers depending on spot.
3. Tap with your fingertips not fingernails.
4. Tap sound is mellow.
5. Tap 5-7 times/ spot
6. Repeat 2-3 sets if needed



Words for the Wise: Secrets to sleeping well

1. Exercise Boosts the effect of natural sleep hormones such as melatonin, people who exercised had an easier time falling asleep. Just watch the timing of your workouts. Exercising too close to bedtime can be stimulating. A morning workout is ideal. Exposing yourself to bright daylight first thing in the morning will help the natural circadian rhythm.
2. Reserve bed for sleep. It is not an office: no phone calls, emails, no late-night TV there. your bed needs to be a stimulus for sleeping not for wakefulness.
3. Keep bedroom comfortable, calm, quite, dark, cool in the summer and warm in winter
4. Start a sleep ritual When you were a child and your mother read you a story and tucked you into bed every night, this comforting ritual helped put you to sleep. Even now, bedtime rituals can have a similar effect as they signal the body and mind that it's time to sleep. Drink a glass of warm milk, chamomile, take a bath, listen to calming music to unwind
5. Eat, but not too much A grumbling stomach can be distracting enough to keep you awake, but so can an overly full belly. Avoid eating a big meal within two to three hours of bedtime. If you're hungry right before bed, eat a small healthy snack (such as an apple with a slice of cheese or a few whole-wheat crackers) to satisfy you until breakfast.
6. Avoid alcohol and caffeine If you have a snack before bed, wine and chocolate shouldn't be part of it. Chocolate contains caffeine, which is a stimulant. Alcohol has a similar effect. You may think it makes you sleepy, but it's actually a stimulant and disrupts sleep. Stay away from acidic food (such as citrus fruits and juices) or spicy, which can give you heartburn.
7. De-stress Stress is a stimulus. It activates the fight-or-flight hormones that work against sleep. Give yourself time to wind down before bed, journaling, breathing exercises, tapping, essential oils, bedtime exercises and meditation.
8. Sleep and Nap like a Pro. Eight quality-sleep hours and a short power nap in the afternoon have numerous benefits



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Sources & Further reading: Sources & Further reading: <https://www.thetappingsolution.com/science-research/>;
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