

How To **OVERCOME INSOMNIA**

*The Breakthrough Technique That Will
DRAMATICALLY Cure Your Sleep Problems*



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Author's Strong Recommendation

I strongly advise you not to skip any sections in this book. There are specific techniques embedded in the text concerning how I cured my insomnia, and these tips have helped other people. It is important that you don't skip any chapters; if you don't follow each step, you may not get the full benefit. If you avoid some of the steps, you may find that this program will not work for you. I encourage you to read over the entire book to get the maximum benefit for solving your sleep problems.

About Ruth Stern



Ruth is passionate about helping people who suffer insomnia and anxiety. She hopes not only to cure their sleep problems but also to create a powerful, inner transformation towards joy and inner peace.

Ruth has been a licensed mental health therapist and success coach for a combined thirty years. She has counseled thousands of clients seeking both inner and outer success. And most importantly, she self-treated and in fact cured the chronic insomnia she had suffered for over nineteen

years.

Having gone through a similar experience to her readers, Ruth truly understands from both a personal and psychological view what you are facing. Having spent many years trying to sleep without success, years later, she learned the most powerful technique that she didn't even believe would work for herself. In this book, Ruth will share her success story, as well as how to use this amazing technique so that you too can solve your sleep problems and regain the quality of life you need and deserve!

Ruth is also the creator of the "4 Steps to Blissful Sleep Program"—a complete program for going to and staying asleep.

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Foreword: The Transformation You Have Been Waiting For

I am very excited to present this book to you. You are about to learn four critical steps towards eradicating your sleep problems. Depending upon the length and nature of your sleep problems, you can experience great relief as quickly as in the first week. You are about to learn the exact steps I used to heal the chronic insomnia I suffered for over nineteen years.

What you will get from *How To Overcome Insomnia*:

- ✓ You will discover a truly *permanent* solution to chronic insomnia, even if you have suffered for decades.
- ✓ You may end up sleeping *better than you have ever slept*.
- ✓ You will discover the most powerful energy psychology technique I have found, which can instantly improve your sleep. (This is the cutting edge tool that turned around my sleep problems.)

My system will help you to:

- ✓ Fall asleep fast and sleep like a baby throughout the night
- ✓ Sleep even when under stress
- ✓ Sleep without drugs or pills while avoiding their side effects
- ✓ Sleep without needlessly changing your lifestyle
- ✓ Wake up the next morning feeling energized and well rested
- ✓ Improve daytime concentration and enhance mental performance
- ✓ Be more productive at work
- ✓ Feel better, happier, and more optimistic
- ✓ Be able to tackle any work- or family-related problem that might arise
- ✓ Discover a new, vibrant you!

If you would like to learn more about the amazing technique that Ruth used to transform her sleep problems and regain her quality of life, you can view the MP4 video presentation by clicking the link below to see a demonstration from Ruth.

<http://ruthstern.com/how-to-do-eft/>

Introduction

The Results: What Is Possible for You

There you are ... laying in your bed, tossing and turning ... restless, anxious, moving around hoping you will find a position that you can rest in. Your body is impossibly tired and your mind won't turn off. You get up and read or watch TV, or pop some sleeping meds, hoping this will make you more tired ... but still you cannot sleep. It's an awful, vicious cycle. And then you wake up feeling exhausted and irritable, having to face the day with little sleep.

And because you have tried so many things, you may believe you will never be able to conquer this problem.

When you suffer from insomnia, you can easily feel hopeless about finding a solution. I am writing to tell you that there are definitely solutions for regaining your well-deserved sleep no matter how long you have suffered.

What most people don't understand is that the real reason they haven't been able to fix their sleep issues is that they haven't dealt with the underlying anxiety that feeds the problem. When you learn how to release your anxiety and create an energetic balance, you will dramatically improve your sleep.

One of the biggest factors feeding your anxiety is your unconscious thinking. We have about 60,000 thoughts running through our minds every day, and most of them are unconscious (unknown to you). It is really important to first recognize that your negative thoughts can sabotage you

from success as you begin the process that I describe in this book. Some typical negative beliefs associated with insomnia include:

“I’ve never slept well, why should it be any different now?”

“It’s in my family. We all don’t sleep—that’s the way it is.”

“My hormones are changing.” (While this can affect sleep, it doesn’t have to prevent your progress, as you will learn.)

“I’m older now. It comes with aging,”

You also may have other thoughts about your day, about an upsetting relationship or something that went wrong that you’re still blaming yourself for, feeling guilty, etc.

“I can’t believe she did this to me.”

“It’s all my fault.”

“I’m so stressed with everything I have to do.”

It is really important to learn to be conscious of the thoughts in your mind. Because if you are not conscious, you can’t clear them. It’s not possible to go or stay asleep with so many ruminating thoughts running through your head.

The above are examples of thoughts of resignation, or focusing on what is wrong in your life. As you repeat these kinds of thoughts, you attract more negative energy surrounding the problem. This book is designed to teach you how to become free of the anxiety and other negative emotions that feed your restless spirit. You will learn how to shift your thoughts and perceptions to create more inner peace, resulting in wonderful sleep.

Sleep is a beautiful thing! It’s treasured by those of us who don’t sleep. We who don’t sleep know better than anyone else what it’s like to not sleep

for many nights and finally have one decent night of rest. When we wake up, we're in awe that we actually slept. On those mornings, I just want to squeeze my pillow and wrap myself in my sheets, enjoying every moment of feeling relaxed and refreshed. Since I've spent over nineteen years struggling with sleep and have finally found a solution to conquer insomnia, I felt compelled to write this book.

To finally be able sleep, is truly a gift. Why do I call sleep a gift? Because the benefits of sleep are numerous. Some benefits include:

- ✓ More energy
- ✓ Increased motivation
- ✓ Help with weight loss
- ✓ Overall happier outlook
- ✓ Energy to work out
- ✓ Increased joy
- ✓ Increased sex drive
- ✓ More zest for life

And much more is in store for you...

This is a “how to” book that will be extremely helpful to you whether your problem is falling asleep or staying asleep. Unless you have some kind of physical problem, such as apnea, causing your sleep disturbance, you—like most people—are likely suffering some kind of anxiety that is causing the problem. It is also important that you get evaluated by your physician if you suspect any medical problems causing sleeplessness.

Get ready! You are now on the journey to finally sleep! YES!

What Others Are Saying...



“I am absolutely stunned by how I have slept. I have tried everything. What a Godsend you are. Thanks so much.”

—**Cathy L. Tigges, CTACC**



“Ruth, Your insomnia tapping has been so beneficial ... after one session, I found my sleep was deeper and longer than usual. What a great result since I didn't think it would apply to me.”

—**Hillary S**



“For the last nineteen years, after being diagnosed with PTSD, I suffered—and I do mean suffered—with insomnia. I tried prescription medication, which eventually stopped working. Then I went to over-the-counter sleeping meds. They left me tired all morning, and feeling spacey. Then I began using Ruth Stern's Insomnia DVD. First two nights I slept for a few hours and woke up early. Then, night three...a MIRACLE. I slept for seven hours straight! No waking up to use the ladies room, just pure, wonderful sleep. I told myself that day: I am onto something! Again, night four, another seven hours. Night five, another 7 hours. It's now

night nine and I'm sleeping like a baby! I am no longer an insomnia sufferer. Bliss! Thank you, Ruth. Thank you!"

—**Marny Minarsch**

"Approximately a year ago, I began experiencing difficulty in sleeping. When I did sleep, it seemed not to be restful. Several months ago, I discovered Ruth Stern's "4 Simple Steps To Blissful Sleep" DVD. I started using the method taught by Ruth. The results have been wonderful, and I now fall asleep at night quickly and easily. If I wake up in the night, I am able to promptly fall back to sleep."

—**Bruce J. Simpson**

What is Insomnia?

While experts may disagree over the exact definition, insomnia is typically characterized by the duration of symptoms, not the specific amount of sleep one gets. Individuals may have vastly different sleep practices and require different amounts of sleep - but true insomnia usually involves difficulty initiating or maintaining sleep for at least one week or more. The National Sleep Foundation, 2002 Annual Sleep Survey states:

- Nearly two out of three Americans are affected by sleep disorders
- Most will feel sleepy or groggy during the week
- 51% of adults have problems sleeping at least a few nights each week
- Almost 1/3 of Americans have trouble sleeping every night

Some of the common complaints by those who suffer from sleep disorders:

- Having trouble falling asleep at night
- Waking up hours before the alarm clock goes off each morning
- Feeling exhausted upon waking, even after getting a full night's sleep
- Needing to rely on sleeping pills to get sleep
- Feeling sleepy and lightheaded all day because of lack of sleep
- Dreading the anticipation of spending hours counting sheep and staring at the ceiling all night

Do you have trouble falling asleep at night? Do these symptoms sound familiar?

Sleep is one of the most important foundations for your health and well being. And sleep is paramount in nurturing the quality of your life.

Most people with sleep problems have tried many things to get to sleep, such as reading a book, trying over-the-counter and prescribed medicines, cutting out caffeine at night, doing meditation, listening to music, and more... And because you have tried so many things, you may believe you will never be able to conquer this problem. Or you might resign yourself, and conclude that this is a common problem in your family. It's genetic. Why bother?

What most people don't understand is the real reason they haven't been able to fix their sleep issues; **is because** you haven't dealt with the underlying anxiety that feeds the problem. When you learn how to release your anxiety and create an energetic balance, you will improve your sleep dramatically. And this book will teach you powerful tools to release the anxiety so that you can get your sleep back for the rest of your life!

My Sleep Story

I never had problems sleeping until I became pregnant at age thirty-five. At that time, it was my daughter's father who had severe sleep issues. He would buy all sorts of tapes and books and potions just to try to get to sleep. One night I watched him perform this very intricate routine to prepare to sleep. First he took his pillow and pounded on it repeatedly to create a soft center. Then he placed some kind of oil on his third eye (a chakra point) while burning some awful-smelling incense. In the background, he played some ancient chanting music sung by monks humming in a guttural tone repeating the sounds of *oom ba dayee*, echoing in an empty hall. This intricate routine resulted in both of us *not* sleeping. I turned to him and whimsically suggested, "Why don't you just lay down and close your eyes?" That seemed simple to me at the time ... until I became an insomniac a year later.

I was thirty-five and pregnant, which is when my insomnia began. And I was sure I couldn't sleep due to the nausea and the corresponding hormonal changes I was experiencing. That may have contributed to the problem; however, during the pregnancy, my relationship with my partner was also very rocky. I was in a chronic state of turmoil over whether or not to leave, and was living a life of drama and unhappiness. On the average night, I might have slept for two or three hours having to get up the next day to work.

I finally left the relationship a year later after my daughter was born, but the insomnia remained with me. The agony of chronic lack of sleep haunted me. It became my mission to overcome this sleepless misery. I read many books and researched on the Internet. In the next two years, I tried melatonin, valerium root, kava kava, milk and cookies (I liked that one), acupuncture for sleep, breathing techniques, and hypnosis with two different hypnotists. The next year, I visited a "natural-oriented" physician who put me on natural compound medication to balance my cortisol levels.

One year and \$1,500 later with no change in my sleep patterns, I interviewed with a sleep study clinic. They stated that I didn't qualify. Two years after that, I went to another sleep study clinic; however, it was actually the same one I had gone to before (lack of sleep must have done a number on my memory). Once again, Dr. Can't-Help (this is disguised name, if you didn't guess) sent me home with a sheet of basic sleep hygiene habits and a "good luck."

After at least five or six years of this, my next doctor prescribed Xanax. I slept, but felt extremely drugged the next day. I tried Ambien, Sonata, Lunesta (which never helped me), and I finally settled on one milligram (sometimes two if I was very stressed) of Klonopin a night. I finally slept much more regularly and felt significant relief. But two things happened to me. I noticed that I often woke feeling foggy and was also very concerned about the addictive part. Spiritually speaking, I didn't like having to rely on a chemical. I knew all these "solutions" didn't work, as I wasn't dealing with the most important factor: my stress. Like many people in our culture, I was looking for a quick fix for a not-so-simple problem.

I decided to sign up for a meditation class and paid \$500 for my special word to meditate on. That might seem extravagant to you, but when you're desperate ...

It was difficult at first to sit for twenty minutes focusing on one word. During the weeks to come, as I allowed myself to quiet my mind, I found I actually looked forward to meditating. I felt in a mellow, calming state during certain sessions. Best of all, I was able to begin to cut down the amount of Klonopin I was taking to .5 milligrams. This became what I consider to be my first breakthrough in healing my poor sleep patterns. There were days when I tried not using any meds, but I wasn't able to do it as my body became hyper

alert and my anxiety increased. My body and mind were addicted to even the smallest amount, so I wasn't free yet! I continued the Klonopin for many more years as I had exhausted any other solutions at the time.

What I'm about to share with you is what totally cured and healed my problem. This is the breakthrough technique that changed everything.

And then...Seven and a half years ago, I learned about Emotional Freedom Techniques (EFT), an amazing energy psychology technique (based on the principles of Chinese acupuncture) which would become the breakthrough for me and many clients I have worked with. EFT specifically addresses and treats the negative emotions that feed our inner turmoil.

At first, I didn't believe EFT would work because my problem was huge and nothing had helped before this, but I was desperate and I had nothing to lose. I committed to doing this tapping technique every night for thirty days. I began to see something very interesting. On the third or fourth night, my body started feeling calmer than usual. By the sixth and seventh day, I felt really calm and had chipped a little of the Klonopin. By the second and third week, I was on the Klonopin every other day. In short, it took me a total of six weeks to be off all medicine and completely sleeping without meds. Even with the doubt, I was able to overcome a nineteen-year insomnia problem. It was truly miraculous and I began to understand the power of using energy techniques to heal. As of this writing, it has been seven years since I began to sleep like a normal person.

Since then, I have helped many clients with their sleep issues and created my own program to help others conquer the same challenge. I wrote a separate chapter where you will learn all about EFT, what it is, and how to use it.

Not only did this solution solve my sleep issues, but it transformed my life, as I got my energy and motivation back. I got MYSELF back.

*Your results will vary. I have clients who report sleeping normally within one to two weeks. My problem was so severe that it took about six weeks, which is still amazing considering I had this problem for nineteen years.

Note: I want to note that I'm not saying that methods like hypnosis, meditation, or other techniques don't work; but for chronic insomnia, you often need more.

The Solution Formula: 4 Keys to Overcoming Your Sleep Problems

What I discovered in working with myself and many other clients who have suffered insomnia is that there are four key areas that you want to pay critical attention to in order to improve your sleep. This is the exact formula I used.

Step 1: Create great sleep hygiene habits. You need to look at your environment, your foods, and your lifestyle, and assess what is working and what could be blocking you from sleep. For example, do you drink a lot of caffeine? Do you watch TV at night that is filled with a lot of high action or suspense? Do you eat late at night? These are just a few examples of habits that will prevent you from sleep. Go to Appendix A for all the habits. Write down which habits you need to add to your lifestyle and make a goal to add at least one habit a week.

The sleep hygiene habits I need to incorporate now:

Step 2: Learn the secret sauce of your recovery: EFT, a cutting-edge tool, which stands for Emotional Freedom Techniques. EFT is a powerful tool to balance your energy and release the stress and anxiety that feeds your sleep problems. Why is this so different and powerful than other techniques? EFT addresses the mind, body and spirit levels of healing. So it's a very holistic approach, and that's why it works.

You are changing your thought patterns, decreasing your negative emotions, balancing your energetic system, and being affected on a spiritual level by the healing words that I bring in. This is what I love about EFT, as it is a holistic method of healing.

In step two, you will use EFT to manage daily stress and to decrease the intensity of emotions throughout your day. It's important not wait for the evening to use the tapping technique, but rather to also use it when negative emotions come up. The good news is that it only takes minutes. For example, if you're stressed at work or upset with your partner, instead of stewing in the feeling or holding onto it, you can now use this technique to work through and release the emotions. The chapter titled "What Is EFT" will show you exactly how to do EFT, which is based on the principles of Chinese acupuncture.

Chinese acupuncture teaches us that there are twelve meridians, or lines of energy, that run through our bodies. Unlike western medicine, eastern medicine tends to look at energy as a way of healing. I have written a whole section devoted to this to teach you how to use it. It truly takes minutes to learn this technique. You can also visit [link](#) to see a short video demonstration of EFT.

This is a key element for those of us who suffer from sleep problems because we know that insomnia is mostly rooted in anxiety. This knowledge is what led me to began curing my sleep problems. I began tapping into the anxiety, and the other emotions that fed into that anxiety, and my body started getting more balanced. Basically, you are learning to harmonize your system throughout the day instead of waiting for the night and hoping to sleep after all that anxiety and stress has been built up in your system.

Step 3: Insomnia tapping. It's nighttime, and you are now getting ready to go to sleep. In step three, you will have a special tapping just for the night to help you fall and stay asleep. See Appendix B for shortened version of the insomnia tapping. Most people begin to sleep with the tapping and some need more support, so in step four I have included a visualization to enhance your sleep process.

Step 4: Visualization. This includes peaceful breathing meditations where you are visualizing being calm and allowing your breath to calm you. The importance of learning how to train your body, mind, and spirit to be present and still is also crucial for sleep. When you calm your nervous system down with your mind and breathing, everything slows down ... your heart rate and your pulse rate ... your entire system relaxes. You can visualize a peaceful scene, or just focus on breathing in and out.

That's it. Your investment of time in the evening is about 10–15 minutes. Most people don't believe that it can be that easy—I certainly didn't. For those of you who want to see the complete program I created which includes MP3s (you can download all the tappings to your computer or phone).

<http://ruthstern.com/blissful-sleep-program/>

What is EFT?

EFT (Emotional Freedom Techniques) is an energy psychology technique based on the principles of Chinese acupuncture founded by Dr. Gary Craig, an engineer and performance coach. EFT helps to clear the blocks to healing from painful experiences, stress, physical pain, and so on with remarkable speed and long-lasting effects. It is basically an emotional version of acupuncture without needles.

Traditional Chinese medicine holds that there are twelve meridians that move throughout the body and that bring energy to all the body's organs. In acupuncture, needles are used to unblock the energy and restore health. In EFT, instead of using needles, you stimulate certain energy and meridian points on your body by tapping on them with your fingertips while you tune into your particular issue.

By restoring the balance of the energy system, we are also neutralizing and reducing negative emotions. As the energy balances, the intensity of the emotions reduces and eventually dissolves. It is a simple, easy method to apply, and you will often be surprised at the results you achieve. In all my years of practice, I have never seen or witnessed a technique that allows the **client to achieve results on their own**, whether it is for healing, growth, or change.

This month, I taught one of my clients EFT in one session, and began using EFT to heal his chronic anxiety. The next week, he reported having a panic attack triggered by listening to a friend discuss her intense emotions about her situation. He excused himself and tapped (remember that he had just learned EFT a few days before). He reported significant relief and the panic attack dissipated. This is truly phenomenal in itself, as he was a novice

in tapping and could create great results on his own after one session. With an incredulous look on his face, he asked, “How can this be?”

The premise of EFT is “the cause of all negative emotions is a disruption or blockage in the energy system.” These blocks include fear, anger, phobias, grief, trauma, anxiety, and other restricting emotions that can create physical problems. When you clear the disruption, you have **physical and emotional freedom.**

In the 1920s, Einstein told us in his theory of relativity that everything (including our bodies) is composed of energy. EFT views the human body as an “energy configuration.” Physicians use devices such as the EKG and EEG, which measure the electrical activity of the heart and brain. **We know we are energetic beings. Everything carries energy, including our thoughts and emotions.** So, it makes sense that we utilize energy sources to heal from problems that conventional methods have overlooked. Whether you experience grief, loss, hurt, fear, or anxiety, EFT is a superb way to help relieve your body, mind, and spirit of the conflict and tension.

Click below to see a short video of how to do EFT:

<http://ruthstern.com/how-to-do-eft/>

The Latest Research

This technique is not only scientifically proven—it’s also hugely endorsed by some of today’s leading experts. Such world famous authors, speakers, and leaders as Jack Canfield, Deepak Chopra, Dr. Bruce Lipton, Dr. Mehmet Oz, Bob Proctor, Cheryl Richardson and Joe Vitale endorse energy psychology tools and EFT. Doctors, psychologists, psychiatrists, celebrities, and professional athletes are doing it. And most importantly,

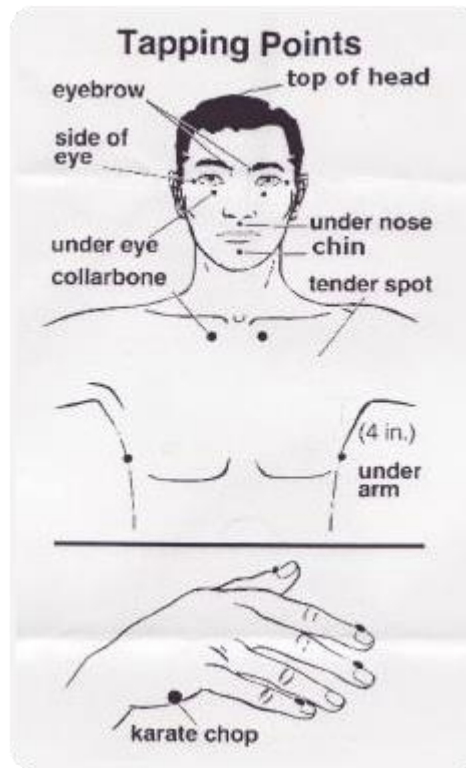
millions of regular people around the world are using it to transform all aspects of their lives.

New science is coming out to show exactly how it works. In a study published in the *Journal of Mental and Nervous Disease*, David Feinstein, PhD, Dawson Church, found that EFT produces a 24% decrease in cortisol levels. Cortisol, most commonly known as the stress hormone, is one of the key elements of the body's fight or flight response to stress. Intended as a protective mechanism, the fight or flight response elevates your heart rate and heightens your senses, enabling you to defend yourself against sudden danger, like jumping out of the way of a fast-moving car. However critical for survival, this same physiological response becomes harmful when it's activated too frequently, as it often is in response to the chronic stress of modern life. Living in this heightened state of physiological duress may make us more vulnerable to depression, anxiety, heart problems, cancer, fibromyalgia, and more.

The study's findings suggest that tapping gives us a way to disrupt the fight or flight response very quickly. Because it accesses the amygdala, the almond-shaped part of the mid-brain instrumental in initiating the body's fight or flight response, tapping may help to balance the nervous system. Dawson and David's study argues that the process of tapping produces "a neutral emotional state," which, biologically speaking, is the gold standard of health and wellness. It produces this state by leveling off activity between the sympathetic and parasympathetic regions in the brain. These regions are responsible for instigating cell regeneration, relaxation, and digestion. The parasympathetic system (in an overactive state) can weaken immune response, produce fatigue, and lead to depression. Similarly, the sympathetic region—which prepares you for vigorous physical activity by increasing your heart rate, constricting your pupils—can lead to heart problems and severe anxiety when it's active for too long.

How To Do EFT

Tapping Points



You will be using your fingertips (with two or three fingers) and tapping at least seven times on each stress point (I tap pretty quickly).

Karate Chop Point (KC)—With the fingertips of the index and middle finger of one hand, tap the other hand vigorously. You are tapping on the fleshy part of the outside of the hand (the part of your hand you use to do a karate chop). You can tap on either hand, and switch hands if you like.

Eyebrow (EB)—Tap at the beginning of the eyebrow, just above and to one side of the nose.

Side of the Eye (SE)—Tap on the bone bordering the outside corner of the eye.

Under the Eye (UE)—Tap on the bone under the eye, about one inch below the pupil.

Under the Nose (UN)—Tap between the bottom of your nose and the top of your upper lip.

Chin (Ch) —Tap in the crease of your chin.

Collarbone (CB)—Tap where your breastbone, collarbone, and first rib meet. To locate the spot, put your finger in the U-shaped notch at the top of the breastbone (above where a man would knot his tie). From the bottom of the U-shape, move your finger down toward your navel, then go one inch to the left or the right. You are tapping an indent under the collarbone.

Under the Arm (UA)—Tap about four inches down from your armpit on the side of your body. For men, the spot is even with the nipple, and for women it is where the bra strap would hit.

Top of the Head (H)—Tap on the top of head in a circular motion towards the front of the head.

Basic Instructions – How to Do EFT

Step 1: *Choose a problem to work on* and try to be as specific as you can.

Example: “I have stress” (general problem) versus “I am stressed I can’t get all my chores and deadlines done” (specific problem)

Step 2: *Rate your anxiety or discomfort* on a scale of 0–10 (this is called the SUDS scale), where 0 = no disturbance and 10 = highest disturbance. When you think about it right now, how disturbing or upsetting is your stress? Write down your number.

Step 3: *Perform the set-up phrase* (see the picture below for the tapping points). While tapping on the Karate point, say the following phrase three times:

“Even though I feel _____, I deeply and completely accept myself.”

Example: “Even though I have stress with chores and deadlines, I deeply and completely accept myself.”

Now, use a short reminder phrase that represents the problem, such as “this anxiety” or “this stress of chores” when you tap on the stress points.

Step 4: *Tap on the stress points* (see picture). As you tap on each point, say your reminder phrase (“this anxiety”). Tap several times (at least seven taps).

EB – this anxiety – (tap)

SE – this anxiety – (tap)

EU – this anxiety – (tap)

UN – this anxiety – (tap)

CH – this anxiety – (tap)

CB – this anxiety – (tap)

UA – this anxiety – (tap)

Head – this anxiety – (tap)

Take a deep breath!

Step 5: *Now rate your anxiety or stress.* Ask yourself how stressful or disturbing this is to you now on the 0–10 scale. If the SUDS number is going down, perform another round of tapping starting with the Karate chop and say “Even though I still have some of this stress, I deeply and completely accept

myself.” Then tap on all the rest of the stress points using the short reminder phrase “this remaining anxiety” on each point.

Step 6: *If the number is not going down or going down very little, ask yourself: “What else am I feeling about this?” Or, if you are not sure, ask yourself, “What could I be feeling about this?” Take a guess and go with it. Often your guess will be very accurate. This is important, as you want to tap on all the feelings that are feeding into the problem.*

Example: I am also feeling angry that I have no time for myself.

Step 7: *Start with the set-up again with your new phrase: “Even though I’m angry that I have no time for myself, I deeply and completely accept myself.” Tap on all the stress points with your new reminder phrase “this anger.” Measure your upset feelings again on the SUDS scale. Do another round until you feel little or no upset.*

So, let’s put this all together for you. Below is an example of tapping for anxiety. Begin by thinking of a something that is stressing you out right now. Rate the intensity of the stress. Then, beginning with your KC (karate chop) point, read out the statements below. After you have completed a few rounds, measure how stressed you feel.

Tapping for Anxiety and Stress

Think of something you are feeling stressed about today or have been stressed out about recently.

Remember to make it a specific issue or incident.

General Example: “I am stressed at work.”

Specific Example: “I am stressed about the new changes at work.”

Now rate your stress level regarding your particular issue.

Write the number down (0–10) and begin tapping.

Starting with the karate chop point, say the following:

- “Even though I’m so stressed or anxious about this issue, I deeply and completely accept myself.”
- “Even though I’m so stressed and it seems like too much, I accept all my feelings.”
- “Even though it’s all just too much, I accept myself.”

Starting with the eyebrow point (each bullet is another point), say:

- **EB:** “All this stress”
- **SE:** “It’s too much”
- **UE:** “I’m overwhelmed and anxious”
- **UN:** “I’m angry and annoyed”
- **CH:** “I’m already overloaded”
- **CB:** “This is too much of a burden”
- **UA:** “I need a break; it’s just too much”
- **Head:** “Why can’t things just stay the same? All this stress...”

Now take a deep breath and rate your anxiety. If your rating did not go down, repeat the previous round. If your rating did go down, proceed to the next round. Start with the KC point:

- “Even though I still have a lot of stress about this, I deeply and completely accept myself.”
- “Even though I am so anxious, I love and accept myself.”
- “Even though I am so stressed, I choose to find a way to make it easier on myself.”

Starting with the eyebrow point, say the following at each point.

- **EB:** “This remaining stress and anxiety,”
- **SE:** “This remaining sense of being overwhelmed,”
- **UE:** “I understand why I feel this way.”
- **UN:** “Maybe I can find a way to make this easier on myself.”
- **CH:** “It feels like a huge load on me.”
- **CB:** “I choose to learn to take care of myself even when it’s challenging.”
- **UA:** “I love finding ways to release this stress to make this easier.”
- **Head:** “I deserve to manage this change with less turmoil.”

Take a breath and rate your anxiety now. If the rating did not go down, repeat the previous round. If the rating did go down, proceed to the next round.

Starting with the eyebrow point (each bullet is another point), say:

- “I am not sure I can turn this around in my mind.”
- “I am beginning to allow the part of me that wants peace ...”
- “... to release this burden.”
- “I choose to take care of my stress and find ways to manage the change.”
- “I deserve to shift my perceptions and thoughts to create peace ...”
- “... allowing my higher self to remove my stress ...”
- “... joining my higher self, receiving support, releasing this burden.”

- “With each breath I take, I release more and more.” (Breathe.)
- “Each breath releases my turmoil.” (Breathe.)
- “I’ve decided to come to terms and make the best of this change.”
- “My acceptance can bring me peace.”
- “My stillness brings me peace.”
- “I breathe deeply, releasing any remaining turmoil.” (Breathe.)
- “Each breath brings me more peace in this moment.”
- “Choosing to release this stress allows me to be more at peace.”

Now rate your feelings. How upset do you feel now on the scale (0–10)?

If the rating is going down, great! You are releasing the intensity of the stress.

If the rating is not going down, ask yourself what else you are feeling about this issue. Let’s say you answer that question with a response like “I don’t think I can make these changes. I might fail.” Tap on this response next, starting again at the karate point saying, “Even though I am afraid I might fail, I deeply and completely accept myself.” Start the process again. This is what we identify as another aspect of the problem. The more aspects you tap on, the more you will be able to neutralize your feelings. Keep tapping until you feel neutral or significantly less upset by the issue. Three to five rounds of tapping will usually bring down your intensity on an issue or feeling—which literally takes minutes!

Be persistent. Persistence is a great key to having great success with EFT.

More Tips for Enhancing Your Sleep

Tip #1: Beware of the Hidden Gremlin that will prevent you from sleeping....and causes most of your stress. —The Inner Critic

Each of us has an inner critic—or inner gremlin, if you will—whether we know it or not. An inner critic sounds something like this: “I can’t do anything right. I don’t have what it takes. I’ll never be able to make that happen. They are better than me.” These are just a few examples. Our inner critics run through our minds all day long, consciously and unconsciously. Studies show that there are about 60,000 thoughts running through our minds every day. That’s mind-blowing when you think about it. 75% of those thoughts are negative and often unconscious. How are you supposed to be able to sleep when you have this critical gremlin mind running the show?

The goal is for you to run the show on your thoughts. I call it having your “higher self” run the show instead of your ego. The ego is the part of you that is very careful and on guard. It tends to jump to negative conclusions to protect you. Unfortunately, because the ego often runs the show, it keeps you in a negative space. It’s our job to move into that higher self. The higher self seeks the next better thought. The higher self lives in peace instead of fear. The higher self wants to be connected, while the ego tends to be disconnected. The more that you are being and thinking in your higher self, not only will you be happier, but you are much more likely to sleep at night. I think the most important way to release negativity and stress is to really pay attention to your thoughts

Tip #2: The power of being conscious. It's imperative that you become conscious of what you are feeling.

In this world, we walk around—conscious or unconscious—and most people are unconscious. Being unconscious means that you experience life and are often not fully aware what you are feeling or thinking. This prevents you from relating well and healing many conditions, such as depression, anxiety, and pain.

Your choice is to become conscious. Being conscious is about having an experience and knowing what you are thinking and feeling. When you have a sense of clarity about how you feel, you have many choices.

Here's an example: You just came home from a long day at work and there were many stressors that day—lots of deadlines. It was an extremely difficult day for you. If you are unconscious, you push the feelings away by being busy or stuffing your feelings with food. You come home, and one of your kids is running around the house yelling in excitement. Without thinking, you start to explode, yelling at little Mary to be quiet and stop what she's doing.

If you had been conscious, this whole scene would have been much different. As a conscious parent, you would have already been aware you were feeling stressed from the day. You would have noticed it in your body (tight chest, shallow breathing, etc.). You would have been aware of the negative thoughts running through your mind as a result of the long day. And when you walked into the house and heard Mary, you would have taken a breath and been able to differentiate the feelings at work from Mary's excitement. You would have greeted and hugged Mary. And if you were stressed, you would have told her you needed a few moments of quiet. In this

example, **your relationship is completely shifting because you are a conscious human being.**

What does this have to do with sleep? Well, “you can’t heal what you can’t feel.” When you are conscious of your feelings, you will have the clarity you need for your tappable issues. In the example above, you would understand that you are still angry from the day, and know that you need to tap on the anger and stress about work. Consciousness is imperative for your emotional, physical, and spiritual growth and happiness.

Practice Exercises

How can you practice consciousness?

1. Throughout your day, periodically ask yourself, “What am I feeling?”

Here are the primary feelings: anger, sad, loneliness, depression, fear, anxiety, stress, happiness, joy, excitement, and exhaustion.

Just *notice*. That is the beginning of being conscious. When your negative feelings are all consuming or troublesome, use EFT to tap on the feelings. You can often reduce the intensity within minutes!

2. Notice your inner critic. When it comes up, tap on that thought to reduce the intensity. Remember: you are holding 60,000 thoughts a day. If you are not releasing a good portion of the negativity, it’s going to show up somewhere, such as being irritable, easily annoyed with others, feeling depressed, and inability to sleep.

Tip #3: Controlling Anxiety & Negative Thinking

Another practical way you can learn to control anxiety and reduce negative thinking is by using the technique of **reframing**. Reframing is the ability to look at a situation or thought with a different perspective so that you can develop a new way of seeing the situation. This is a very empowering tool.

Reframing is knowing that you have a choice about how you look at something. We have a choice about how we look at something in any given moment. When you make a commitment to take 100% responsibility for your thoughts, you are in the driver's seat of not only your thought process, but of your entire life. Most people walk around unhappy and stressed because of the way they think. Managing how you perceive things and how you think is key to creating emotional freedom, less stress, and ultimately sleep. Michael Singer, author of *The Untethered Soul*, says that "True freedom is freedom from your thoughts." It's a powerful thing to be able to shift your thinking.

For example, if you were in an audience listening to a speaker and the speaker suddenly started ranting and raving about his topic, calling everyone in the audience stupid and ignorant, you could have many different responses. You could feel angry and shocked, or you could believe that he has a lot of issues and what he's saying is ridiculous. Some people might laugh. You have different responses because of the way you think. Your perceptions determine how you feel and react. This is great news, as it reminds us that we are responsible for how we feel. And with tools like EFT and reframing, you can choose your response.

Here are **four powerful questions** you can use to reframe any situation:

1. What is another way I can look at this situation or thought that would bring me more peace or relief?

2. Is this negative thought I am thinking really true all the time?

What evidence do I have to show that is not true?

3. If my friend had this thought, what would I say to help them?
4. What is the solution for this?

How to Use the Four Questions

Write down the negative thoughts you have, and use the questions to reframe them one at a time. You may need only one question to turn it around. You want your new, reframed thought to be more powerful than your existing negative one.

Practice Exercise

Here's how to clear your inner critic. Choose an event that just happened that you are upset about. For example, Mary just got fired from her job.

Write down all the negative thoughts you have about yourself and the situation.

Mary writes down all of her negative thoughts and inner critical voices: *I'm a failure. He had it out for me. I'll never find a great paying job like this again.*

You can see that by having these kinds of thoughts, Mary will stay very angry and take a longer time to find a new job, as she is stuck in this negativity. And imagine trying to go to sleep with these kind of thoughts—not going to happen.

Using the reframed questions above, here is what Mary wrote: *I'm not a failure. I did make some mistakes and I want to learn from them so I can be more successful in my next job. I don't have evidence he had it out for me. I do know we had different styles of communicating, which made it challenging. It's not true that I won't find a great job again. I need to make a clear plan to create new success for myself. I can call my friend for some ideas.*

These thoughts are solution-oriented, Mary doesn't label herself, and her ability to go out and find a job is much more likely than if she were to hold onto the original set of thinking. You can see that by reframing, Mary will have a totally different experience and be much more likely to find a job quickly, as she is in a much better state of mind.

Your Turn!

Choose an event that just happened that you are upset about:

Event:

Write down all of your negative thoughts and inner critical voices. What are you saying to yourself about this—either about the event, the person/people who caused the event, or yourself?

Negative thoughts:

Take one thought at a time and, using your four key questions, create a reframed version of that thought.

Negative thought reframed:

Now read out loud your new reframed thoughts with feeling! Notice how you feel. You should feel a significant difference.

Tip #4: Journaling Can Become Your Best Friend

Another great thing you can do to relieve stress is to journal. It is very helpful to write out your thoughts and feelings, because journaling is like a brain dump. When I talk about journaling, I don't mean you have to write pages—it could just be a paragraph or two. You're not writing your day's report or all the details. The key things you're writing include what you are feeling and what you are thinking.

For example, let's say you had a tough day at work. You write down, "Boss really got down on me." What am I feeling? I'm angry and I'm

embarrassed. What am I thinking? I'm thinking I'm an idiot and I'm failing at this job. What you've done here is created a brain dump of all your negative emotions instead of holding onto them. Most people hold onto them and then wonder why they can't go to sleep. Once you see it all on the paper, you have the option to tap on the negative feelings to get relief. This will enhance the inner peace you want to achieve before you go to sleep.

Sometimes people don't know what they are feeling. If that's the case, you are going to guess. "My boss got on my case. What am I feeling? I don't know." Then guess. "I think I'm feeling ...". You fill in the blank. Doing this is really important because feelings really drive you and your behavior.

Journaling has become something that I consider a friend. On paper, I can write anything I want, which gives me a sense of relief and greater clarity. I usually tap on what is most upsetting, and I can often feel the results in my body. So much more peace.

Closing

It is my hope that you will put to use what I've shared. I am challenging you to do this for thirty days (and don't miss a day). YOU really can conquer this—big time! I have given you many tools to get great relief and to be able to sleep again. If you are ready to get back your energy, passion, zest for life, and sense of joy...don't wait. Begin this today and you will be so grateful to have giving yourself the gift of sleep.

For those of you who want to view the program, I created a DVD with MP3s. Here you will have all the tappings and visualizations to release anxiety and heal your sleep. You can go to this link below to view the program.

<http://ruthstern.com/blissful-sleep-program/>

Wishing everyone the great gift of sleep and happiness!

Sincerely,

Ruth Stern, MA

Appendix A: 12 Important Sleep Hygiene Habits

1. Pick regular times to go to bed and get up in the morning.
2. Use the bed for sleep or sexual relations only. Don't use the bed for TV, reading, or working.
3. Avoid naps, especially in the evening.
4. Exercise before dinner.
5. Take a hot bath or shower one to two hours before bedtime. This helps to alter the body's temperature rhythm, and helps you to fall asleep more easily.
6. Dim the lights late in the evening to create a mellow environment before sleeping.
7. Keep your bedroom relatively cool.
8. Eat only light meals at night.
9. Avoid consuming lots of fluids before bedtime so your sleep is not disturbed by the need to urinate.
10. Avoid caffeinated beverages.
11. Avoid alcohol.
12. De-clutter your bedroom. Clutter adds to your stressful spirit. Your space gives room for you to feel more internally peaceful.

The best way to build these habits going is to *add one habit a week*. Then you won't be overwhelmed, and it will be much more manageable for you. When should you begin? Tonight. When you say "tomorrow," you're putting it off. So get ready tonight and start the first part of the process for your sleep cure.

Appendix B: Insomnia Tapping – Short Version

Karate Chop Point

Even though there's a part of me stuck in feeling anxious and that won't let me sleep, I choose peace within.

Even though a part of me feels on guard—waiting and thinking anxiously—I love and accept myself anyway.

Even though a part of me is stuck in anxiousness, I choose to sleep easily and peacefully, knowing I am safe.

EB: “This anxious part of me keeps me awake and won't let me sleep.”

SE: “I choose to feel calm and peaceful ...”

UE: “... letting go of thoughts and worries that keep me awake ...”

UN: “... letting go of needing to be on guard.”

CH: “There's nothing I can solve or do now as I sleep.”

CB: “I choose to let go all of today's and tomorrow's worries.”

UA: “I willingly release these feelings now ...”

H: “... choosing to let my thoughts drift and drift ...”

EB: “... allowing my higher self to help me release these thoughts and look after my thoughts until tomorrow ...”

SE: “... letting go of the need to be on guard. I choose to rest easily.”

UE: “I choose to center my mind in my safe place ...”

UN: “... centering myself in the coziness of the sheets of bed ...”

CH: “... as I sink into my pillow and feels the soft sheets covering me ...”

CB: “... balancing my mind and heart in the light of unconditional love ...”

UA: “... centering myself in peace, love, and joy now.”

H: “As my thoughts just drift and drift ...”

EB: "... and if I keep moving in my bed, I choose to enjoy moving and stretching and to forget about sleep."

SE: "I choose to let my thoughts drift as I sink into the sheets and pillow ..."

UE: "... as I'm learning to be safe now in the light."

UN: "I allow the light from the universe to flow from the top of my head all through my body ..."

CH: "... healing and melting away my worries as this light flows ..."

CB: "... through my body and soul ..."

UA: "... calming my spirit and bringing peace to my mind and body."

H: "This beautiful healing light from the universe washes away negative thoughts and worries."

EB: "I know that in this light I am not alone."

SE: "I am not alone ... I am peace."

UE: "I am peace in this light."

UN: "Releasing all thoughts of today ..."

CH: "...I intend to sleep deeply all night."

CB: "Releasing and sleeping deeply all through the night ..."

UA: "... as I let my thoughts drift, I allow more peace."

H: "As I allow more peace, I am still, and in my stillness I am safe and calm."

EB: "I choose to fall asleep and stay asleep easily and effortlessly."

SE: "As I close my eyes and sink into my cozy bed, I feel so tired ..."

UE: "... drifting and drifting ..."

UN: "... sleeping soundly through the night, knowing I am safe in this light ..."

CH: "... knowing I'm not alone as I support myself in the light."

CB: "I sleep deeply all night."

Goodnight and sweet dreams!