

An artistic illustration of a person lying in bed, covered with a blue blanket. Above their head is a vibrant, abstract burst of energy in shades of orange, yellow, and red, with swirling blue and purple smoke-like patterns rising from it. The background is dark, making the colorful energy stand out.

From Frazzled to Fast Asleep

**15 Tapping Routines That Rewire a Busy Mind
in 7 Minutes or Less**

From Frazzled to Fast Asleep:

15 Tapping Routines That Rewire a Busy Mind in 7 Minutes or Less

This isn't another "sleep hygiene" checklist. This is sleep triage for high-functioning women who can't shut their brains off. If you've tried prayer, melatonin, podcasts, and white noise and still find yourself wide awake at 2:41 a.m., the problem isn't you — it's your nervous system stuck in fight-or-flight.



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Why You Can't Sleep — And Why It's Not Your Fault

You're Not Broken. You're Stuck in Survival Mode.

If you're lying awake at 2:41 a.m. thinking,

"Why can't I just shut my brain off?"
you're not alone — and you're not failing.

You're in a body stuck in "ON." Your nervous system hasn't gotten the memo that it's safe to sleep. This isn't laziness, weakness, or even insomnia in the traditional sense.

It's **biology** — working exactly as designed, just not in your favor.



You're not imagining this — and it's not "just stress".

Here's what research shows:

74%

Adults report stress interferes with their sleep

68%

Say anxiety keeps them awake at night

15%

Struggle to fall asleep most or every night

18%

Wake up and can't get back to sleep

Your brain won't stop thinking because your body still feels threatened. Your chest feels tight because cortisol and adrenaline are elevated. You bolt awake at 2 or 3 a.m. because your fight-or-flight system is re-activating.

The problem isn't your willpower — it's your nervous system stuck in survival mode.

Why This Hits Women Harder



If you're between 38–58 and feeling this more than ever, that's no coincidence. Women in this phase of life are statistically more likely to carry the emotional labor at home, hold middle-manager roles, and be in hormonal transition.

Women are 78% more likely than men to report stress-related sleep disruption.

You're juggling aging parents, growing kids, bills, expectations, and the inner pressure to hold it all together — *while pretending you're fine*. Your nervous system has no time to downshift.

Emotional Labor

Managing everyone's feelings and needs while suppressing your own

Career Pressure

Absorbing stress from above and below in leadership roles

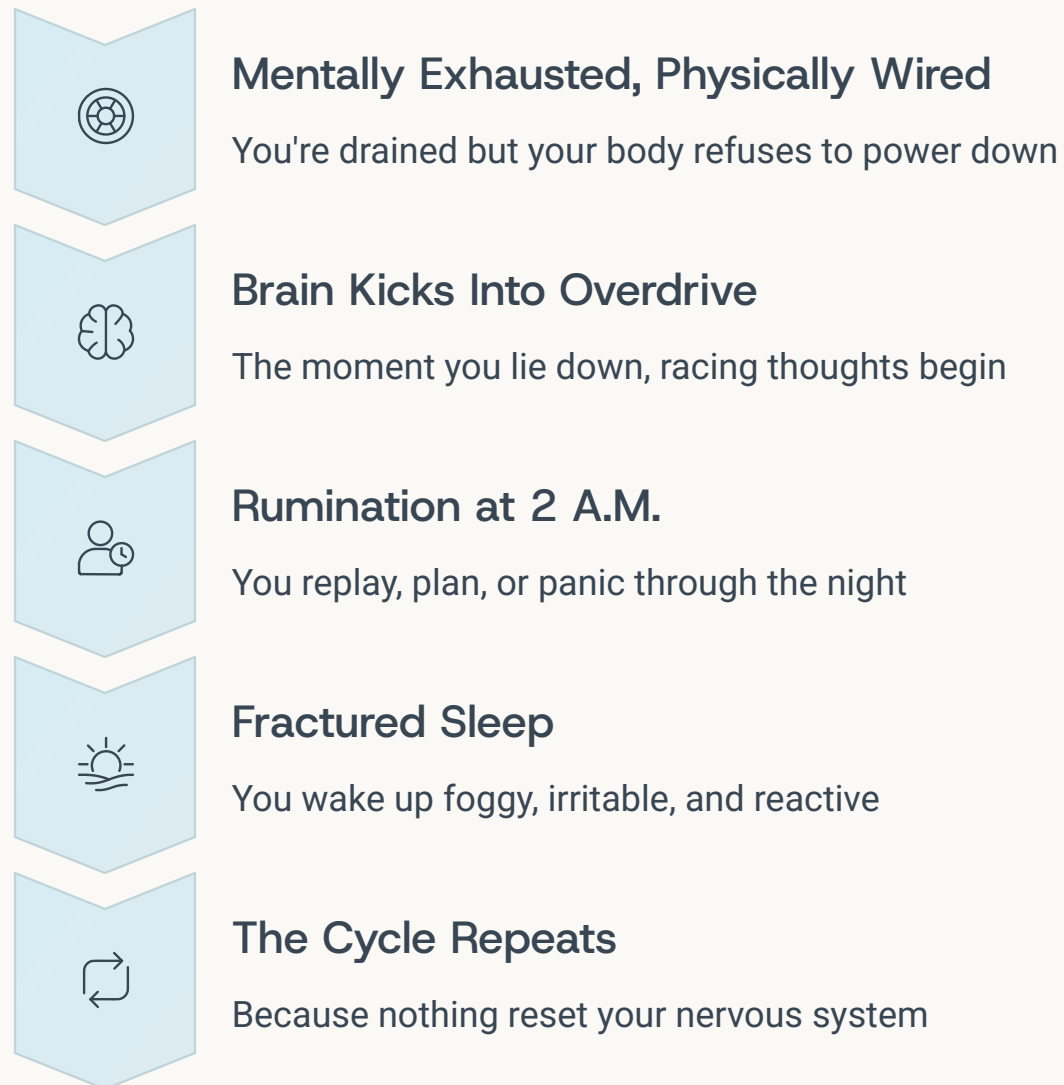
Hormonal Shifts

Perimenopause and menopause amplify stress responses

Night Waking

More likely to wake up and stay awake ruminating

The Stress Spiral That's Stealing Your Sleep



This is the cycle you're stuck in — and why it feels impossible to escape. Most sleep tools target the symptom (sleeplessness).

*EFT tapping targets the cause: nervous system **dysregulation** which is the inability to flexibly respond to and manage emotional states.*

What EFT Fixes That Sleep Hacks Don't

Your body is not broken. It's overprotective. EFT works because it gives your nervous system a "you're safe now" signal it can understand — physically, not intellectually.



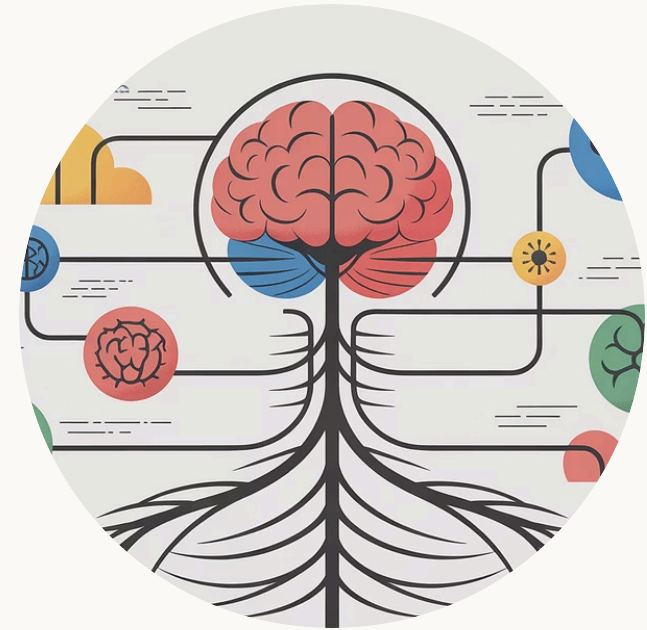
Lowers Cortisol

Reduces stress hormone by up to 43% in under an hour



Reduces Anxiety

Backed by studies on over 270,000 EFT sessions



Resets Your System

Calms your body so your mind can follow

"You don't have to force yourself to sleep. You just have to help your body feel safe enough to rest."

You were designed for peace — and your body is wired to return to it. It just needs the right signal.

EFT Tapping 101: What It Is and Why It Works

Think of It as Emotional Acupuncture

EFT (Emotional Freedom Techniques) combines acupressure, cognitive reframing, and somatic release to calm your body's stress signals.

While traditional therapies ask you to *talk through* your stress, EFT lets you tap through it — sending a direct signal to your body that it's finally safe.

- Works in minutes
- Easy to learn
- No equipment needed
- No perfect mindset required



01

Activates Acupressure Points

Connected to your parasympathetic nervous system

03

Calms Stress Hormones

Reduces cortisol and adrenaline flooding

02

Signals Safety to Brain

Tells the amygdala you're not in danger anymore

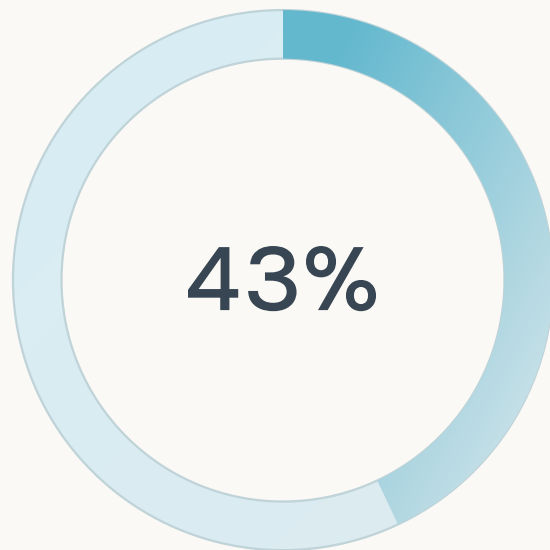
04

Shifts to Rest Mode

Moves you from fight-or-flight to rest-and-repair

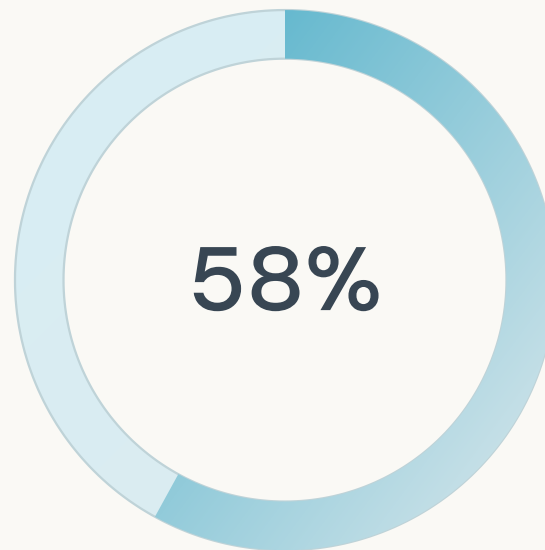
The Science Behind the Method

EFT has been studied in over 100 clinical trials and validated across anxiety, PTSD, sleep disruption, chronic pain, and depression even weight loss. This isn't "woo" — it's neuroscience plus acupressure.



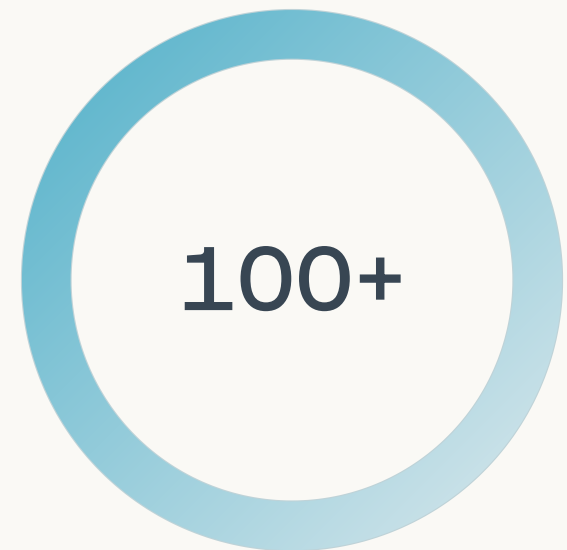
Cortisol Drop

In under 60 minutes of tapping



Anxiety Reduction

Measured across clinical trials



Clinical Trials

Supporting EFT effectiveness

Why It's Perfect for Nighttime Anxiety

You're not mentally overstimulated — **you're physically unsafe in your body.**

At night, when the distractions fall away, your nervous system gets loud.

That's not a mindset issue. It's a nervous system issue.

Is EFT Faith-Safe?

Yes. EFT does not involve spiritual manipulation, energy healing, or New Age practices. It's simply a physiological reset using your own hands — a way to release stress, fear, and shame from your body.

You're not bypassing prayer — you're preparing your body to receive it.

You were designed for peace and this is a tool to help you return to a place of treating your mind and emotions with compassion.

You've Tried Everything — And You're Still Awake

If you're reading this, you've probably tried at least five things to fix your sleep:



Melatonin or CBD



Sleep apps like Calm or Headspace



Lavender, magnesium, teas, or essential oils



Journaling or affirmations



Prayer or night devotionals



Podcasts, brown noise, sleep music



Sleep hygiene advice (no screens, same bedtime, etc.)

These aren't bad tools — but they're incomplete. They all make the same assumption: 'If I calm my mind, my body will follow.'



If your body still thinks it's in danger, your mind will never stop spinning.

You've been trying to mentally force rest in a body that's stuck in survival mode. That's why nothing's worked — until now.

The Problem Isn't 'Sleep Habits' — It's Nervous System Dysregulation

You've likely been told: "Get off your phone. Dim the lights. Try a meditation."

And sure, those habits might help eventually... But when it's 2:13 a.m. and your heart is pounding, a screen-dimming routine won't pull you out of panic.

Because the problem isn't your light exposure. It's your stress hormones.

- Your chest stays tight
- Your mind replays the day
- Your brain refuses to power down — no matter how tired you are

That's not something you can journal away. You need a fast, physical way to tell your nervous system: 'It's safe now. You can rest.' That's what EFT tapping does in under 7 minutes.

What Other Methods Miss (and Why They Fail)

Melatonin / CBD	Masks symptoms; doesn't address the root cause of nervous system dysregulation.
Journaling / Affirmations	Mental exercises that don't always translate to physical calm in a dysregulated body.
Sleep Apps (Calm, Headspace)	Can provide temporary distraction or guidance, but not a deep, physical nervous system reset.
Sleep Hygiene	Good habits, but largely ineffective when the body is stuck in a fight-or-flight state.
Prayer / Night Devotionals	Spiritual comfort, but doesn't directly release the physical grip of stress hormones.
Scrolling Social Media	Overstimulates the brain and nervous system, preventing natural sleep signals.

Why EFT Tapping Actually Works

- **It Targets the Root:** The Nervous System.
- **It's Fast and Accessible:** Clinically proven to reduce cortisol by up to 43% in under an hour.

The 7-Minute Sleep Reset Method

Let's be honest: you've already tried prayer, melatonin, apps, podcasts, and essential oils. They might help a little, but the core problem isn't being addressed. Your nervous system is still in survival mode and your brain won't shut off until your body feels safe.

This 7-minute routine interrupts the stress loop by signaling your parasympathetic nervous system to activate and releasing the tension that keeps your brain cycling. This tells your body: *"You're safe now"*.



Name What's Spinning

Identify the specific thought loop keeping you awake



Rate Your Intensity

Scale anxiety from 1-10 before tapping



Tap Through Points

Use the 8 tapping points with calming phrases



Recheck Intensity

Notice if your anxiety level has dropped

Total time: 7 minutes or less

Best done in bed, lights off, just before sleep

The Tapping Points Guide

Essential Points

Gently tap each point with two fingers while saying phrases that match your emotion. Each point is connected to meridian pathways in your body.



1. Side of Hand

Karate chop point for
setup statement

2. Eyebrow

Beginning of eyebrow
near bridge of nose

3. Side of Eye

Bone at corner of eye
socket

4. Under Eye

Bone directly below
pupil

5. Under Nose

Between nose and
upper lip

6. Chin

Crease between lower
lip and chin

7. Collarbone

Below collarbone, one
inch to side

8. Under Arm

About four inches below
the armpit

9. Top of Head

Crown of head, center point

Sample Tapping Script: "The Brain Won't Shut Off"



When to Use

You're in bed, exhausted, but mentally spinning with racing thoughts and anxiety.

Setup Statement

Tap side of hand 3 times:

"Even though my brain won't shut off and I feel tense and wired, I deeply and completely accept myself – and I'm open to feeling safe now."

Round 1: Express the Overwhelm

Eyebrow: "My brain will not stop"

Side of Eye: "I keep replaying everything"

Under Eye: "I'm exhausted but still spinning"

Under Nose: "I wish I could just turn it off"

Round 2: Invite Safety + Calm

Eyebrow: "I'm letting go of the need to fix everything"

Side of Eye: "I give myself permission to rest"

Under Eye: "God, quiet my mind"

Under Nose: "It's safe to stop thinking now"

1

2

3

4

Chin: "Why can't I stop thinking?"

Collarbone: "I'm so frustrated with myself"

Under Arm: "I want to sleep, but my mind won't let me"

Top of Head: "I hate this cycle"

Chin: "I am allowed to rest"

Collarbone: "Even if nothing's solved, I can sleep"

Under Arm: "I choose peace instead of panic"

Top of Head: "I trust I'll remember what matters tomorrow"

15 Tapping Routines for Real-Life Spirals

Each script targets the exact spiral that's keeping you awake. Scan the titles, choose what matches your current struggle, and tap through one round using the phrases provided.

1. The Brain Won't Shut Off

Tapping Round 1: Acknowledge the Overactive Mind

Karate Chop Point (repeat 3x): Even though my brain won't shut off and my thoughts are racing, I deeply and completely accept myself and this moment.

Eyebrow: My brain just won't stop.

Side of Eye: These thoughts are endless.

Under Eye: I can't turn off my mind.

Under Nose: It's constantly processing.

Chin: So much thinking.

Collarbone: My mind is on overdrive.

Under Arm: It just keeps going and going.

Top of Head: This racing mind.

Tapping Round 2: Invite Mental Stillness and Release

Karate Chop Point (repeat 3x): Even though my brain is still buzzing, I choose to allow calm into my mind and release these thoughts gently.

Eyebrow: I invite stillness.

Side of Eye: Releasing these thoughts.

Under Eye: My mind can be quiet.

Under Nose: Letting go of the need to think.

Chin: Peace for my mind.

Collarbone: Allowing myself to rest.

Under Arm: I choose mental peace.

Top of Head: It's safe to quiet my mind now.

2. The 2:41 A.M. Wake-Up

Tapping Round 1: Acknowledge the Frustration of Waking Up

Karate Chop Point (repeat 3x): Even though I woke up again at 2:41 A.M. and I'm frustrated, I deeply and completely accept myself and my body's response.

Eyebrow: Waking up again.

Side of Eye: This familiar frustration.

Under Eye: Why can't I stay asleep?

Under Nose: Another night interrupted.

Chin: I'm so tired of this pattern.

Collarbone: I just want to sleep through the night.

Under Arm: This interrupted sleep.

Top of Head: The frustration of 2:41 A.M.

Tapping Round 2: Invite Deeper Sleep and Trust

Karate Chop Point (repeat 3x): Even though I'm awake again, I choose to soothe my system and invite deeper, uninterrupted sleep for the rest of the night.

Eyebrow: I can gently fall back asleep.

Side of Eye: My body knows how to rest deeply.

Under Eye: Trusting my body's wisdom.

Under Nose: I allow myself to relax now.

Chin: Back to deep, peaceful sleep.

Collarbone: It's safe to stay asleep.

Under Arm: I am calm and safe.

Top of Head: Deep, restorative sleep awaits me.

3. I'm Tired But Wired

Tapping Round 1: Acknowledge the Paradoxical State

Karate Chop Point (repeat 3x): Even though I'm exhausted but feel completely wired, I honor this confusing state and all the energy it holds.

Eyebrow: So tired, yet so awake.

Side of Eye: This wired feeling.

Under Eye: My body won't calm down.

Under Nose: My mind is buzzing with energy.

Chin: Exhausted, but can't rest.

Collarbone: This paradoxical state.

Under Arm: I just want to switch off.

Top of Head: Tired and wired.

Tapping Round 2: Release Excess Energy and Embrace Softness

Karate Chop Point (repeat 3x): Even though I still feel this wired energy, I choose to gently release it and allow my body to soften into deep relaxation.

Eyebrow: Releasing this excess energy.

Side of Eye: Allowing myself to unwind.

Under Eye: My body can relax now.

Under Nose: Inviting a gentle calm.

Chin: Softness over tension.

Collarbone: Letting go of the fight.

Under Arm: I am safe to be still.

Top of Head: Embracing deep peace.

More Tapping Routines for Real-Life Spirals

4. What If I Forget Something?

Tapping Round 1: Acknowledge the Fear of Forgetting

Karate Chop Point (repeat 3x): Even though I'm worried I'll forget something important and that makes me anxious, I deeply and completely accept myself and my current feelings.

Eyebrow: What if I forget?

Side of Eye: This fear of missing something.

Under Eye: I can't afford to forget.

Under Nose: The anxiety of forgetting.

Chin: This pressure to remember everything.

Collarbone: I might overlook something crucial.

Under Arm: This fear that something will slip away.

Top of Head: What if I forget?

Tapping Round 2: Invite Trust and Organized Recall

Karate Chop Point (repeat 3x): Even though I still have this fear of forgetting, I choose to trust my ability to remember what's important and allow my mind to organize itself.

Eyebrow: I trust my memory.

Side of Eye: It's safe to let my mind relax.

Under Eye: I remember what I need to know.

Under Nose: My mind can organize itself.

Chin: I am capable of handling things.

Collarbone: Releasing the need to constantly check.

Under Arm: I remember important things.

Top of Head: I am calm and prepared.

5. I'm Snappy and I Hate It

Tapping Round 1: Acknowledge the Irritability

Karate Chop Point (repeat 3x): Even though I'm being snappy and I hate how I'm behaving, I deeply and completely accept myself and this intense feeling.

Eyebrow: I'm so snappy.

Side of Eye: This irritation is overwhelming.

Under Eye: I don't like how I'm acting.

Under Nose: Why am I so irritable?

Chin: I just want to stop being so snappy.

Collarbone: This frustration with myself.

Under Arm: I'm tired of feeling this way.

Top of Head: This snappy energy.

Tapping Round 2: Invite Calmness and Compassion

Karate Chop Point (repeat 3x): Even though I still feel snappy, I choose to release this irritation and invite more patience and compassion into my being.

Eyebrow: I choose to be calm.

Side of Eye: Releasing the need to be snappy.

Under Eye: I can respond with patience.

Under Nose: Inviting gentleness now.

Chin: Softness in my reactions.

Collarbone: I choose compassion for myself and others.

Under Arm: It's safe to feel peaceful.

Top of Head: Embracing inner calm.

More Tapping Routines for Real-Life Spirals

6. I've Tried Everything

Tapping Round 1: Acknowledge the Feeling of Exhaustion from Trying

Karate Chop Point (repeat 3x):
Even though I've tried everything to sleep better and nothing seems to work, I deeply and completely accept myself and this feeling of hopelessness.

Eyebrow: I've tried everything.

Side of Eye: And nothing has worked.

Under Eye: This feeling of being stuck.

Under Nose: I'm so frustrated with this.

Chin: What else can I do?

Collarbone: This hopelessness about sleep.

Under Arm: I'm just so tired of trying.

Top of Head: I've tried everything.

Tapping Round 2: Invite New Possibilities and Release Resistance

Karate Chop Point (repeat 3x):
Even though a part of me believes nothing will ever work, I choose to open to the possibility of finding a new way to peace and rest.

Eyebrow: What if something new can work?

Side of Eye: Releasing this hopelessness.

Under Eye: I am open to new solutions.

Under Nose: Trusting there's a different path.

Chin: Allowing myself to find ease.

Collarbone: Releasing the resistance to change.

Under Arm: I choose to believe in possibilities.

Top of Head: I am ready for relief.

7. My Body Feels Unsafe

Tapping Round 1: Acknowledge the Sensation of Unsafety

Karate Chop Point (repeat 3x):
Even though my body feels unsafe and I can't relax, I deeply and completely accept myself and my body's sensations.

Eyebrow: My body feels unsafe.

Side of Eye: This tension in my system.

Under Eye: I can't seem to settle down.

Under Nose: This constant vigilance.

Chin: Always on alert.

Collarbone: My body doesn't feel safe.

Under Arm: This feeling of being on edge.

Top of Head: This body feeling unsafe.

Tapping Round 2: Invite Safety and Soothe the Nervous System

Karate Chop Point (repeat 3x):
Even though my body still feels unsafe, I choose to send it love and compassion and invite a deeper sense of calm and security.

Eyebrow: I am safe now.

Side of Eye: My body can relax.

Under Eye: Soothing my nervous system.

Under Nose: I choose to feel secure.

Chin: Sending peace to my body.

Collarbone: It's safe to feel calm.

Under Arm: I am grounding myself.

Top of Head: My body is safe and at peace.

8. I Can't Control Tomorrow

Tapping Round 1: Acknowledge the Anxiety of the Unknown

Karate Chop Point (repeat 3x):
Even though I can't control tomorrow and that makes me anxious, I deeply and completely accept myself and my need for certainty.

Eyebrow: I can't control tomorrow.

Side of Eye: This fear of the unknown.

Under Eye: What if things go wrong?

Under Nose: I need to know what's coming.

Chin: This anxiety about the future.

Collarbone: Trying to control everything.

Under Arm: The uncertainty of tomorrow.

Top of Head: I can't control tomorrow.

Tapping Round 2: Embrace Acceptance and Trust in the Present

Karate Chop Point (repeat 3x):
Even though I worry about not being able to control tomorrow, I choose to trust life and focus on what I can control today.

Eyebrow: I trust the process of life.

Side of Eye: Releasing the need for control.

Under Eye: I am present in this moment.

Under Nose: I can handle what comes.

Chin: My strength is in today.

Collarbone: Embracing acceptance.

Under Arm: I choose to have faith.

Top of Head: All is well in this moment.

More Tapping Routines for Real-Life Spirals

Here are two more tapping routines designed to help you navigate feelings of overwhelm and resistance to change, fostering a deeper sense of peace and adaptability.

9. The Family Load Is Too Much

Tapping Round 1: Acknowledge the Burden of Responsibility

Karate Chop Point (repeat 3x): Even though the family load is too much and I feel overwhelmed, I deeply and completely accept myself and my efforts.

Eyebrow: This overwhelming family load.

Side of Eye: The burden of all these responsibilities.

Under Eye: I feel so stretched thin.

Under Nose: It's just too much.

Chin: All my efforts to keep up.

Collarbone: This feeling of being weighed down.

Under Arm: I'm exhausted by this load.

Top of Head: The family load is too much.

Tapping Round 2: Invite Support and Delegate with Ease

Karate Chop Point (repeat 3x): Even though the family load is still too much, I choose to invite support and delegate with ease, allowing myself to receive help.

Eyebrow: I invite support now.

Side of Eye: It's safe to delegate tasks.

Under Eye: Allowing ease into my day.

Under Nose: I am open to receiving help.

Chin: Lightening my load.

Collarbone: I choose to be kind to myself.

Under Arm: Sharing the responsibility.

Top of Head: I feel lighter and supported.

10. This Can't Be My New Normal

Tapping Round 1: Acknowledge Resistance to Current Circumstances

Karate Chop Point (repeat 3x): Even though I believe this can't be my new normal and I resist these circumstances, I deeply and completely accept myself and my feelings about this situation.

Eyebrow: This can't be my new normal.

Side of Eye: I resist these circumstances.

Under Eye: I don't want this.

Under Nose: This is not how it should be.

Chin: Fighting against what is.

Collarbone: This frustration and anger.

Under Arm: I refuse to accept this.

Top of Head: This can't be my new normal.

Tapping Round 2: Embrace Adaptation and Trust in Resilience

Karate Chop Point (repeat 3x): Even though I still believe this can't be my new normal, I choose to embrace adaptation and trust in my resilience, finding strength in the present.

Eyebrow: I embrace adaptation.

Side of Eye: Trusting my inner resilience.

Under Eye: I can find strength in the present.

Under Nose: Opening to new possibilities.

Chin: I am more adaptable than I think.

Collarbone: Accepting what is, for now.

Under Arm: I am safe to adjust.

Top of Head: I choose peace in this moment.

More Tapping Routines for Real-Life Spirals

11. Why Can't I Just Sleep?

Tapping Round 1: Acknowledge the Frustration and Exhaustion

Karate Chop Point (repeat 3x):
Even though I can't just sleep and I'm so frustrated and exhausted, I deeply and completely accept myself and this feeling.

Eyebrow: Why can't I just sleep?

Side of Eye: This deep frustration.

Under Eye: I'm so tired of trying.

Under Nose: This exhaustion is overwhelming.

Chin: I just want to sleep.

Collarbone: This inability to rest.

Under Arm: Why is it so hard?

Top of Head: Why can't I just sleep?

Tapping Round 2: Invite Surrender and Natural Sleep

Karate Chop Point (repeat 3x):
Even though I still can't just sleep, I choose to surrender to this moment and allow my body to find its natural rhythm of rest.

Eyebrow: I choose to surrender.

Side of Eye: Allowing sleep to come naturally.

Under Eye: My body knows how to rest.

Under Nose: Releasing the need to force it.

Chin: Trusting in my body's wisdom.

Collarbone: It's safe to sleep.

Under Arm: Inviting deep, peaceful sleep.

Top of Head: I can just sleep.

12. Let Me Sleep in Peace

Tapping Round 1: Acknowledge Disturbances to Peace

Karate Chop Point (repeat 3x):
Even though I just want to sleep in peace, and there are things disturbing it, I deeply and completely accept myself and my need for tranquility.

Eyebrow: Let me sleep in peace.

Side of Eye: These disturbances.

Under Eye: My mind won't quiet down.

Under Nose: The world feels noisy.

Chin: I long for peace.

Collarbone: I deserve peaceful sleep.

Under Arm: I need calm.

Top of Head: Let me sleep in peace.

Tapping Round 2: Reclaim Inner Peace for Sleep

Karate Chop Point (repeat 3x):
Even though I still feel disturbed, I choose to create my own inner peace and reclaim my ability to sleep soundly.

Eyebrow: I create my peace.

Side of Eye: Reclaiming my tranquility.

Under Eye: My mind can be calm.

Under Nose: I choose quiet.

Chin: Peace resides within me.

Collarbone: I am safe to rest.

Under Arm: My sleep is peaceful.

Top of Head: I sleep in peace now.

13. I Need Deep Rest Tonight

Tapping Round 1: Acknowledge the Urgent Need for Rest

Karate Chop Point (repeat 3x):
Even though I desperately need deep rest tonight and I'm worried I won't get it, I deeply and completely accept myself and this urgent need.

Eyebrow: I need deep rest tonight.

Side of Eye: This craving for sleep.

Under Eye: I'm so depleted.

Under Nose: I must rest.

Chin: This deep need.

Collarbone: I'm worried about tomorrow.

Under Arm: I need deep rest tonight.

Top of Head: I need deep rest tonight.

Tapping Round 2: Prioritize Rest and Trust the Process

Karate Chop Point (repeat 3x):
Even though I still feel anxious about getting enough rest, I choose to prioritize my well-being and trust that deep sleep is available to me now.

Eyebrow: I prioritize my rest.

Side of Eye: Trusting my body to sleep.

Under Eye: Deep rest is coming.

Under Nose: I allow myself to relax.

Chin: My body deserves this rest.

Collarbone: I am safe to enter deep sleep.

Under Arm: Inviting profound restoration.

Top of Head: I get deep rest tonight.

More Tapping Routines for Real-Life Spirals

14. My Mind Won't Stop Racing

Tapping Round 1: Acknowledge the Overactive Mind

Karate Chop Point (repeat 3x): Even though my mind won't stop racing and keeps me awake, I deeply and completely accept myself and my busy thoughts.

Eyebrow: My mind won't stop racing.

Side of Eye: These endless thoughts.

Under Eye: It just keeps going.

Under Nose: I can't turn it off.

Chin: This constant mental activity.

Collarbone: It keeps me awake.

Under Arm: My busy mind.

Top of Head: My mind won't stop racing.

Tapping Round 2: Invite Calm and Mental Quiet

Karate Chop Point (repeat 3x): Even though my mind is still racing, I choose to invite calm and mental quiet into my being, allowing myself to relax.

Eyebrow: I invite calm now.

Side of Eye: Allowing my mind to quiet.

Under Eye: It's safe to rest.

Under Nose: Releasing these thoughts.

Chin: Choosing mental quiet.

Collarbone: My mind can be still.

Under Arm: I am safe to relax deeply.

Top of Head: Peace in my mind.

15. I Choose Peace Over Worry

Tapping Round 1: Acknowledge the Habit of Worry

Karate Chop Point (repeat 3x): Even though I often choose worry, and it keeps me from peace, I deeply and completely accept myself and this habit.

Eyebrow: I often choose worry.

Side of Eye: This habit of worrying.

Under Eye: It keeps me from peace.

Under Nose: This constant state of anxiety.

Chin: I'm used to worrying.

Collarbone: This worry feels familiar.

Under Arm: I choose worry.

Top of Head: I choose peace over worry.

Tapping Round 2: Embrace the Choice for Peace

Karate Chop Point (repeat 3x): Even though I'm used to worrying, I choose to embrace peace and trust in my ability to create a calm state within myself.

Eyebrow: I embrace peace now.

Side of Eye: Choosing peace instead.

Under Eye: It's safe to let go of worry.

Under Nose: I trust in my inner calm.

Chin: I am capable of peace.

Collarbone: My natural state is peace.

Under Arm: I release the need to worry.

Top of Head: I choose peace over worry now.

Your Path Forward: From Frazzled to Fast Asleep

You've learned the real reason you can't sleep, the science behind EFT tapping, and practical scripts to use tonight. This isn't about becoming a new woman overnight — it's about feeling steady instead of spiraling.



Tonight

Use the 7-minute reset routine before bed. Pick one tapping script that matches your spiral. Give yourself permission to rest imperfectly.



This Week

Tap 2-3 nights minimum. Notice which scripts resonate most. Track your sleep quality without judgment.



Long-Term

Add daytime micro-resets. Support your nervous system throughout the day. Rewire your relationship with rest.

Your body isn't the problem — it's the messenger. Now you have the tools to respond with compassion instead of frustration.

Remember

- You're not broken, you're overloaded
- Your nervous system needs help coming back down
- Rest isn't a reward — it's a right
- Consistency over perfection

What's Included

- 15 targeted tapping topics
- Audio tap-along guide
- Printable sleep tracker
- Tapping points visual guide

You were designed for peace — and this is your tool to return to it, one 7-minute reset at a time.

7-Day EFT Sleep Journal Template

Use this template to track your sleep patterns and how EFT tapping influences your rest. Consistency is key to identifying trends and making improvements.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bedtime							
Tapping Script Used							
Sleep Quality (1-10)							
Hours Slept							
Wake-ups							
Morning Energy (1-10)							
Notes							

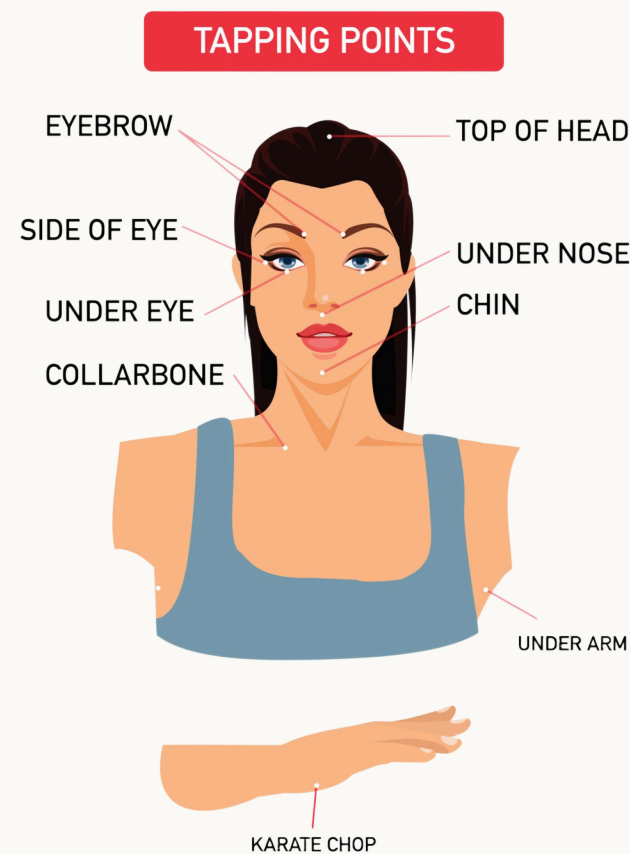
Printable Sleep Tracker Template

Use this template to track your sleep patterns and how EFT tapping influences your rest. Consistency is key to identifying trends and making improvements.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bedtime							
Tapping Used?							
Sleep Quality (1-10)							
Hours Slept							
Night Wake-ups							
Morning Mood							
Notes							

Quick Reference: EFT Tapping Points

This compact reference guide outlines the key EFT tapping points and provides a concise reminder of the basic sequence and a quick emergency routine, designed to be kept at your bedside for immediate access.



Tapping Point Details

Eyebrow		
Start of eyebrow, near bridge of nose		
		Side of Eye
		On the bone at the outer corner of the eye
Under Eye		
On the bone under the eye, about 1 inch below pupil		
		Under Nose
		Between nose and upper lip
Chin		
In the crease between lower lip and chin		
		Collarbone
		Just below the collarbone, about 1 inch from center
Under Arm		
About 4 inches below armpit		
		Top of Head
		Crown of the head

Quick Emergency Sequence

1. Take 3 deep breaths
2. Tap side of hand while saying: "Even though I feel [emotion], I accept myself"
3. Tap each point 5-7 times while saying: "This [emotion]"
4. Take another deep breath
5. Check in with how you feel



Keep this by your bedside for 2 a.m. wake-ups



Your Bonus Sleep Tools Are Ready

You made it to the end of *From Frazzled to Fast Asleep*—but your support doesn’t stop here.

These extra tools were created to help you wind down even faster, feel calmer at night, and actually use what you’ve learned—even on the most restless evenings.

Click below to access everything you now have access to:

✓ BONUS 1: 2:41 AM Rescue Audio Track

Your middle-of-the-night reset.

When your heart’s racing and your mind won’t shut off, this short guided track helps calm your nervous system and bring you back to center—without scrolling or spiraling.

 [\[Click here to listen or download\]](#)

✓ BONUS 2: Printable Nightstand Tapping Guide

Tapping for when you’re too tired to think.

Keep this printable by your bed to walk yourself through calming EFT points during high-anxiety nights—no app or screen needed.

 [\[Download the tapping guide\]](#)

✓ BONUS 3: Fall Asleep Faster Cheat Sheet Pack

Tried-and-true wind-down shortcuts.

These one-page cheat sheets give you simple tweaks to ease your body into rest mode—without overhauling your whole routine.

 [\[Access the cheat sheets\]](#)

✓ BONUS 4: Evening Calm — Mini Bedtime Journal

Let it out. Leave it there. Sleep better.

This short and gentle journal helps you release the mental clutter, shift out of “fixing mode,” and give your brain permission to rest.

 [\[Download the journal\]](#)



Can’t find something or need help?

Just email me at [\[jessica@taptosleep.rest\]](mailto:jessica@taptosleep.rest) and I’ll make sure you get what you need.