

EFT ADVANCED MASTERCLASS October 22, 2022 - Questions & Answers

MAIN TOPICS COVERED:

1. How can PTSD and nightmares affect sleep?

When you have trauma stored in your body for a long time, your body processes those memories when you sleep. A nightmare may be because of the body taking them out. Nightmares may not necessarily mean reliving those memories; they may instead involve related emotions or metaphors.

2. What is insomnia and how common is it?

Insomnia is defined as difficulty either falling or staying asleep that is accompanied by daytime impairments related to those sleep troubles. Studies have shown,

- 1 in 5 adults struggle to sleep every single night (22%).
- 1 in 4 18-24 year olds experience insomnia nightly (29%), the highest rate of insomnia out of any age group.
- Adults over the age of 65 are the least likely age group to suffer from nightly insomnia (17%).
- Half of the adults in the US experience insomnia once a month or more (50%).
- People in Japan searched the most for the phrase 'can't sleep', with 54 searches per 100,000 people.

3. How do you diagnose a sleep problem?

You can diagnose sleep problems with the help of:

- Pittsburgh Sleep Quality Index Online Calculator (PSQI)

- Sleep diary
- Urination frequency – Could be because of diabetes or a prostrate challenge
- Polysomnogram and pulse oximeter

4. What is the Pittsburgh Sleep Quality Index Online Calculator (PSQI)?

The Pittsburgh Sleep Quality Index is a self-rated questionnaire that assesses the sleep quality and disturbance over a time interval. PSQI gives a measure of these parameters:

- The amount of time you spend asleep.
- How long it takes you to fall asleep.
- Factors that disturb your sleep (such as breathing issues, pain, or bad dreams).
- Your use of sleeping medications.
- How well you function during the day.

To know more you can go through the PSQI here,

<https://www.goodmedicine.org.uk/file/assessment,%20pittsburgh%20psqi.pdf>

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5. Who might take a sleep quality index test?

You can take a sleep quality index test if you:

- Can't fall asleep.
- Wake up during your sleep.
- Wake up before you want to.
- Toss and turn when you are trying to sleep.
- Feel like you aren't getting enough sleep.
- Feel sleepy during waking hours.
- Fall asleep when you should be awake.

- Experience disruptive behaviours before, after, or during your sleep.

6. How do you maintain a sleep diary?

To maintain a sleep diary, record the quality of your sleep every day and the pattern of your sleep over a month. You need to record:

- Sleep and wake-up time
- Time taken to fall asleep
- Amount of time spent sleeping
- Whether you wake up during the night or not
- What you feel on waking up

You also need to maintain a checklist to track how often you struggle to fall asleep:

- A. Every night
- B. Three times per week or more
- C. Once or twice per week
- D. A few times per month
- E. Once per month
- F. Less than once per month
- G. Never

7. How do you know if you have insomnia?

You may have insomnia if you regularly:

- Find it hard to go to sleep
- Wake up several times during the night
- Lie awake at night
- Wake up early and cannot go back to sleep
- Still feel tired after waking up
- Find it hard to nap during the day even though you're tired

- Feel tired and irritable during the day
- Find it difficult to concentrate during the day because you're tired

If you have insomnia for a short time (less than 3 months) it's called short-term insomnia. Insomnia that lasts 3 months or longer is called long-term insomnia.

8. What causes sleep disturbances and how do they affect the body and mood?

Sleep disturbances and daytime fatigue can be caused by medical issues, for example: insomnia, thyroid disease, sleep apnoea, restless leg syndrome, psychiatric problems, pain, and medication side effects. Insufficient sleep is connected to depression, diabetes, or weight issues.

9. What are the benefits of good sleep?

According to research and proven clinical data, there are 11 surprising benefits of good sleep. They are:

- Improvement in memory
- Potential to live longer
- Decrease in inflammation
- Increased creativity
- Better physical ability
- Improvement in school performance
- Enhanced focus
- Weight and fat loss
- Lower stress
- Less prone to accidents
- Improvement in mood

To know more, you can read the article,

<https://www.health.com/condition/sleep/11-surprising-health-benefits-of-sleep>.

10. What are different stages of sleep?

The 3 different stages of sleep are:

- A. **Wake/Alert** - Beta waves or alpha during open-eyed rest.
- B. **NREM (Non-Rapid Eye Movement)**
 - N1: Light sleep – Relaxed wakefulness.
 - N2: Deeper sleep – Onset of sleep and drop in body temperature.
 - N3: Deepest Non-REM sleep – Deep sleep with tissue repair and growth, delta waves, with blood pressure dropping, breathing slowing down and more blood to muscles.
- C. **REM (Rapid Eye Movement)** – Hallucinatory dreaming, long-term memory processing, and muscle paralysis.

11. What are the different phases of the sleep cycle?

In one cycle of sleep, you go through:

- A. **N1:** Light sleep – This is the first phase where you fall asleep and is the first stage of NREM.
- B. **N2:** Deeper sleep – This is the second stage of NREM and here you enter the deeper sleep stage.
- C. **N3:** Deepest Non-REM sleep – You enter the deepest sleep stage and waking up from this stage is the most difficult.
- D. **N2:** Deeper sleep – After N3 stage you again go through the N2 stage.
- E. **REM:** This is the final stage of a sleep cycle. Dreaming happens in this stage.

The sleep cycle is 3 hours, so it repeats in multiples of 3, i.e., 6 hours and 9 hours. 8 hours are recommended because the cycle times decrease gradually. 3 hours are a must as this is when you get the deepest sleep. This is when your body, your tissues are repairing. If you are woken up before completing the 3 hours sleep cycle, you may feel jittery or disoriented.

12. What are the hormones related to sleep?

The hormones related to sleep are,

- **Melatonin:** A hypnotic sleep hormone directly related to circadian rhythm and cycles of light and dark, including computer screens and artificial light.
- **Growth Hormone (GH):** Essential for a healthy metabolism and tissue repair. Particularly high levels are released during the first period of N3 sleep, around an hour after falling asleep.
- **Cortisol:** This adrenal hormone (in the family of adrenaline, which also inhibits sleep) is peaked during waking hours by stress. During sleep, it is naturally released in the morning before waking, to promote alertness.
- **Gamma-amino butyric acid (GABA):** GABA induces feelings of calm and relaxation. It is an inhibitory neurotransmitter, meaning it slows brain activity.
- **Leptin:** Normally released after meals to indicate fullness and regulate appetite, leptin also increases during sleep.
- **Ghrelin:** More or less leptin's opposite, ghrelin indicates hunger and normally decreases after a meal. Levels also drop off while sleeping, during the second part of the night.

13. How much sleep is needed at different stages of life?

The amount of sleep needed differs at various stages:

- Adults need to have 7-9 hours of sleep to maintain optimum health.

- Children need 9 to 12 hours of sleep every day.
- Toddlers and babies need 13 to 17 hours of sleep every day.

If you don't get enough sleep at any stage, you may constantly feel tired during the day. However, getting excess sleep is also not good for adults. It may increase the risk of heart disease.

14. What causes insomnia?

Insomnia can be caused by many external or internal factors as well as lifestyle changes. Some causes of insomnia are:

- Stress, anxiety or depression
- Noise
- A room that's too hot or cold
- Uncomfortable beds
- Alcohol, caffeine or nicotine
- Overeating
- Recreational drugs like cocaine or ecstasy
- Jet lag
- Shift work
- Hormonal changes

15. What are some of the dos and don'ts for insomnia?

Changing your daily habits and following a healthy lifestyle can help you deal with insomnia. Some of the healthy daily habits you can follow are:

- Go to bed and wake up at the same time every day.
- Relax at least 1 hour before bed, for example, take a bath or read a book.
- Make sure your bedroom is dark and quiet – use curtains, blinds, an eye mask or ear plugs if needed.

- Exercise regularly during the day.
- Make sure your mattress, pillows, and covers are comfortable.

If you can stay away from these unhealthy habits, it can help you deal with your insomnia:

- Do not smoke or drink alcohol, tea or coffee at least 6 hours before going to bed.
- Do not eat a big meal late at night.
- Do not exercise at least 4 hours before bed.
- Do not watch television or use devices like smartphones right before going to bed, because the bright light makes you more awake.
- Do not nap during the day.
- Do not sleep in after a bad night's sleep and stick to your regular sleeping hours instead.

16. What are the types of anxiety, stress or depression that can cause insomnia?

The following can cause insomnia:

- Worries
- Financial stress
- Marital problems
- Overthinking – for example, rejection, making a mistake, or fear of judgement
- Inner critic
- Disconnected from feelings
- Sleep worries
- Anxiety

17. What is the treatment plan for insomnia with EFT Tapping?

Mapping out a treatment plan for insomnia with EFT has many aspects.

- A. **Sleep hygiene:** Maintaining sleep hygiene is the most important part of the treatment plan. The ways you can maintain sleep hygiene are:
- **Sleep haven:** Create your sleep haven to relax your body and have a great sleep.
 - **No TV, devices, or work:** Keep all your work devices away from you while sleeping. Watching TV before bedtime may also disrupt your sleep.
 - **Exercise during the day:** Exercise during the day will help you sleep at night. However, remember not to exercise four hours before going to bed.
 - **Remove blue light:** Blue light in the bedroom can disrupt your sleep.
 - **Hot baths and showers (magnesium):** Taking hot shower before going to bed will help you fall asleep soon and will also enhance the quality of sleep.
 - **Block out light:** Keep the lights off when you are sleeping.
 - **Lavender or vetiver oil:** You can inhale lavender or vetiver oil to relax yourself. You can also put drops of lavender oil on your pillow or put dried lavender leaves in the room.
 - **Massage behind the ankle:** Follow the foot tapping process.
- B. **Thoughts:** The quality of your thoughts determines the quality of your sleep. Watch your thoughts to ensure good quality sleep. A normal person has 60,000 thoughts a day, most of which are negative. Notice:
- What thoughts arise about sleep? Before, during, and on waking
 - What are your thoughts during the day?
- C. **Worries and anxiety:** Worries and anxiety can affect the quality of your sleep. They can be worries about finding a solution, about not getting enough sleep, etc. Similarly, the anxiety of day to life, getting enough sleep, or the fear of not waking up on time can cause a major disruption in getting sound sleep.

D. **Phases of sleep:** Checking your sleep at different phases is an important part of the treatment plan to get to the root cause.

- **Going to sleep:** Are you on high alert? Are you not tired enough to sleep? If these are the issues, you can use Touch and Breathe Tapping to help you get better sleep.
- **Staying asleep:** Staying asleep at night can be difficult for many reasons. Watch out for:
 - i. Tossing and turning
 - ii. Inability to get comfortable
 - iii. Figure out something
 - iv. Snoring
 - v. Thinking
 - vi. Can't sleep
- **Waking up when you want:** Check how you wake up and how you feel after waking up.
 - i. Do you need an alarm to wake up?
 - ii. Do feel anxiety about waking up?
 - iii. Are you oversleeping?
 - iv. Are you not feeling fresh after waking up?
 - v. Do you have a lack of motivation about waking up?
 - vi. Do you get into the pattern of needing 5 more minutes more sleep?
- **Restful sleep:** What is really needed for having restful sleep is a restful body and restful mind.

18. What are some other ways to get restful sleep at night?

You can help yourself get restful sleep at night by:

- Practicing your Daily Personal Peace Procedure.
- Maintaining a sleep journal.
- Meditating daily.

- Doing the finger holds process for releasing worry and anxiety.

19. How does EFT Tapping help with the 'can't sleep' problem?

A study has shown that 60% of the participants found EFT Tapping on the 'can't sleep' phrase effective, 24% found it moderately effective and 15% found it not effective.

20. What is the date and topic for next EFT Advanced Masterclass?

The next EFT Advanced Masterclass will be held on 26th November, 2022. The topic covered will be **Advanced Relationships**.

ADDITIONAL QUESTIONS:

1. What are the behaviours you refer to when you say disruptive behaviours during sleep?

The disruptive behaviours during sleep can refer to frequent tossing and turning, snoring, etc. It can also mean restless legs.

2. Which essential oil can be used to maintain hormonal balance?

Rose-geranium oil is effective for maintaining hormonal balance.

3. Why do I feel heavy in my head and sleepy after waking up?

Sleep itself is a heavy process. That is why tossing and turning can make you wake up. You can feel heaviness in your head if you are tired. Your body may be trying to tell you that you need more sleep.

4. I have always been hypervigilant person. It is because of my shifts as a medical professional. Now, as I am working as a mental health professional, I need to slow myself down. It's both as a block and a priority for me. How can I help myself?

Having to work odd hours can have a major impact on sleep. If you feel being hypervigilant is affecting your sleep, you can draw a mind map where you put hypervigilant at the centre and draw different aspects of hypervigilance. Aspects like early life trauma, grief/loss, or the anxiety resulting from that trauma may emerge. You can use the Timeline Technique to get to the root of the traumatic incidents.

5. Are body pain and sleep related?

Yes, body pain and sleep can be related. Not getting enough or good quality sleep can leave you with body pains. At the same time, body pain can keep you awake at night and disrupt your sleep.

6. I start to sleep and suddenly have an anxious feeling in my plexus for no reason. What can I do?

Keep your hand on the solar plexus, breathe deeply, and talk to the solar plexus. What feeling does it communicate to you? Work on the feeling with EFT.

7. How do you work with the clients who have restless legs?

Restless legs can be due to anxiety. Start working with the emotion attached to the restless legs.

8. Why do I have a sinking feeling when I wake up? It feels like as if I have nothing to look forward to. I am not depressed. I have a fear that I might lose my loved ones.

Ask yourself, *“What do I have to look forward to?” “Do I have the fear of being depressed?”*

The fear of losing your loved ones may mean you are anticipating something. Tap on that feeling.

9. Can I add an anchor for a client who doesn’t have one?

When someone creates an anchor for themselves, it can help them fall asleep. You can create the anchor for a client but always ask what they would like. If you touch them, you have to check whether it is empowering for them or not.

10. What are the dates for Advanced Supervision Clinic?

The dates for Advanced Supervision Clinic are not finalised yet. The Advanced Supervision Clinic will be held for one hour every month.