

IMPROVING SLEEP WITH BREATHWORK

THE EXERCISES BELOW HELP TO REDUCE STRESS AND ENCOURAGE RELAXATION TO HELP YOU FALL ASLEEP. TRY THEM AND SEE WHICH ONE IS THE BEST MATCH FOR YOU.

1. 4-7-8 BREATHING TECHNIQUE

- Allow your lips to part gently.
- Exhale completely, making a breathy whoosh sound as you do.
- Press your lips together as you silently inhale through the nose for a count of 4 seconds.
- Hold your breath for a count of 7 seconds.
- Exhale from the mouth for 8 seconds, making a gentle whooshing sound throughout.
- Repeat 4 times when you first start. Eventually, work up to 8 repetitions.



2. BOX BREATHING

- Breathe in deeply through your nose, feeling your lungs fill up, counting to 4 slowly.
- Hold your breath for 4 seconds.
- Slowly exhale through your mouth for 4 seconds, releasing the air steadily. Imagine your stresses and worries leaving your body as you breathe.
- Rest for 4 seconds.
- Repeat the cycle 3-4 times.

3. DOUBLE BREATHING

- Breathe in through your nose until your lungs are full.
- Pause, then take a second, short inhale.
- Slowly exhale through your mouth until all the air is gone.

