

Breathing Technique to Help Sleeplessness

The 4 - 7 - 8 breathing method

Step 1

Put tip of tongue on roof of mouth just behind the front teeth

Step 2

Breathe in through your nose to the count of 4

Step 3

Hold your breath for the count of 7

Step 4

Blow air out of your mouth, pursing your lips and making a wooshing sound to the count of 8

Repeat this cycle 4x (no more)

Do this 2x a day

This is good for not being able to sleep, anxiety, reacting to others angrily and calming down cravings