

4-7-8 Breathing Technique

This breathing technique can aid relaxation and sleep. Start by sitting or lying down in a comfortable position

*Breath in
through
your nose*

4

Seconds

*Breath out
through
your mouth*

8

Seconds

*Hold your
breath*

7

Seconds

Repeat This Technique 4 Times

Please note: If you're not used to this breathing technique, it can make you feel light-headed. So don't practice this while driving. If you feel light-headed, try halving the time and build to to 4-7-8