



4-7-8 BREATHING

Sit up straight, or lie down if you are using this technique to help you fall asleep.

Inhale through your nose for a count of 4.

Hold your breath for a count of 7.

Exhale through your mouth for a count of 8.

- Do not do more than 4 repeats of this exercise, and if you feel very lightheaded, stop using this technique..

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