

4-7-8 Breathing

This breathing pattern aims to reduce anxiety and help people get to sleep.

Dr. Weil is a celebrity doctor and the founder and director of the University of Arizona Center for Integrative Medicine. Dr. Andrew Weil teaches the 4-7-8 breathing technique, which he believes can help with the following:

reducing anxiety • helping a person get to sleep
managing cravings • controlling or reducing anger responses

The 4-7-8 breathing technique, also known as “relaxing breath,” involves breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds.

HOW TO DO IT:

Before starting the breathing pattern, adopt a comfortable sitting position and place the tip of the tongue on the tissue right behind the top front teeth.

To use the 4-7-8 technique, focus on the following breathing pattern:

- empty the lungs of air
- breathe in quietly through the nose for 4 seconds
- hold the breath for a count of 7 seconds
- exhale forcefully through the mouth, pursing the lips and making a “whoosh” sound, for 8 seconds
- repeat the cycle up to 4 times

Dr. Weil recommends using the technique at least twice a day to start seeing the benefits sooner.

A person may feel lightheaded after doing this for the first few times. Therefore, it is advisable to try this technique when sitting or lying down to prevent dizziness or falls.

Read more online, at <https://www.medicalnewstoday.com/articles/324417>



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