

# 3 Quick & Easy Breathing Tips to Help You **SLEEP BETTER TONIGHT**



## STAGE 1 NREM



Falling asleep /  
Light sleep

## STAGE 2 NREM



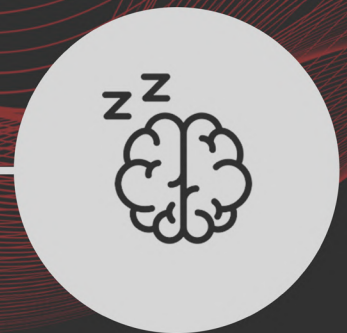
Heart rate slows,  
body temperature  
drops

## STAGE 3 NREM



Deep sleep,  
muscles and  
tissues repair

## STAGE 4 REM



Body is paralyzed,  
dreams begin

**AIR**FIT

A great night's sleep is the foundation for good health and a happier frame of mind. But when was the last time you woke up feeling refreshed, alert, and ready to take on the day?

Our busy and fast-paced society can make it difficult to unwind, calm down, and get a restful night's sleep.

If you find it hard to get a great night's sleep, focusing on your breath can help.

Here are **three simple breathing techniques** that actually work that you can use to get a better night's sleep tonight.

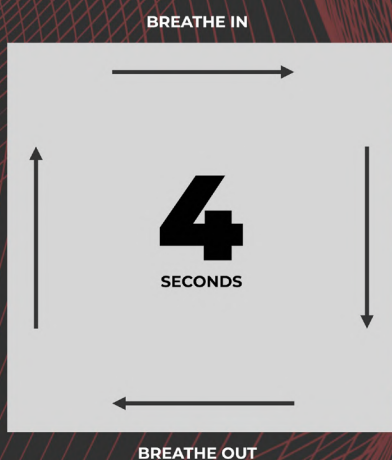
Each one takes no longer than a few minutes to perform before bedtime and you should choose one technique per night to help calm your mind and body to help you fall asleep.

They all have slightly different benefits, so try them and see which one is the best match for you!

# The '4-7-8' Technique

This technique helps relax and replenish oxygen in the body.

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



## Box Breathing

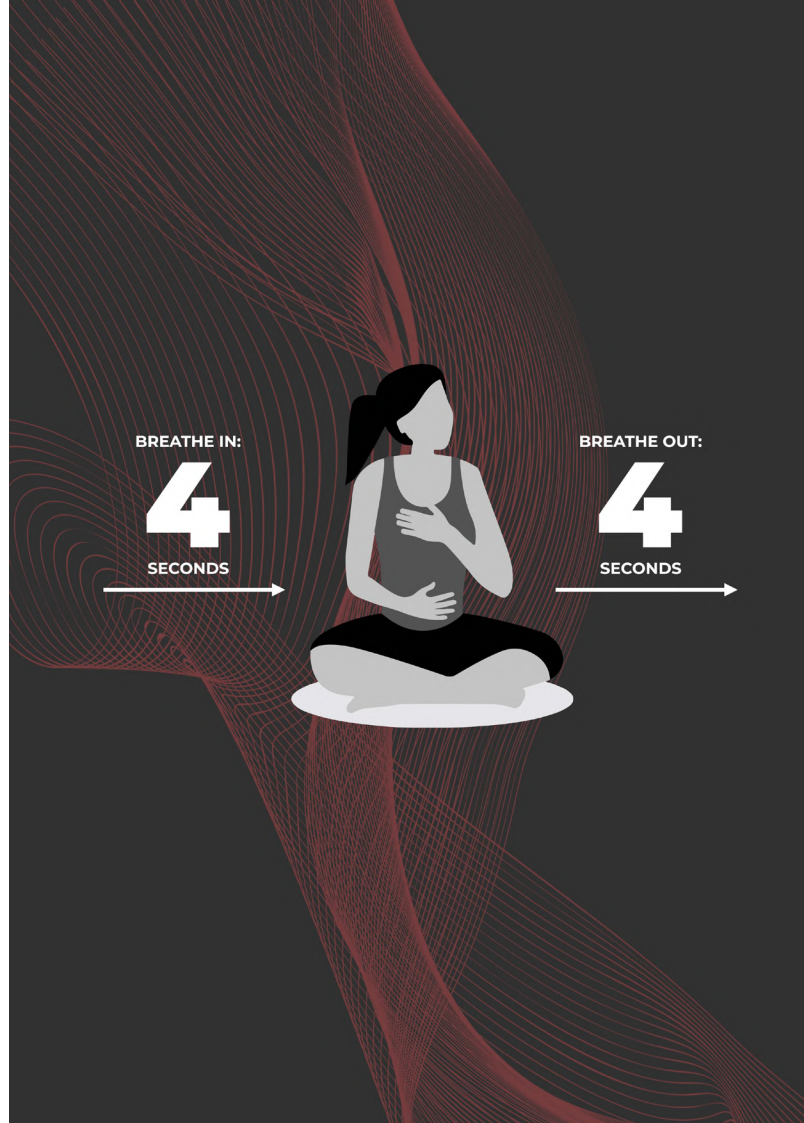
This technique is common during meditation and Yoga for finding mental focus and relaxation:

1. Sit with your back straight, breathe in, and then try to push all the air out of your lungs as you exhale.
2. Inhale slowly through your nose and count to 4 in your head, filling your lungs with more air with each number.
3. Hold your breath and count to 4 in your head.
4. Slowly exhale through your mouth, focusing on getting all the oxygen out of your lungs.

# The Papworth Method

During this technique, you focus on your diaphragm to breathe more naturally. It also helps with reducing habits such as yawning and sighing:

1. Sit up straight, perhaps in bed if using this to fall asleep.
2. Take deep, methodical breaths in and out, counting to 4 with each inhale — through your mouth or nose — and each exhale, which should be through your nose.
3. Focus on your abdomen rising and falling, and listen for your breath sounds to come from your stomach.



Even if you try one or two of these simple breathing techniques, you'll likely see a boost in your quality of sleep. Give it a go today and you'll sleep better tonight!

If you're interested in learning more about optimal health and well-being through just simply breathing, [check out our Airowfit breathing training devices here!](#)