

# 4-7-8 Breathing

“Breathing techniques are designed to bring the body into a state of deep relaxation. Specific patterns that involve holding the breath for a period of time allow your body to replenish its oxygen. From the lungs outward, techniques like 4-7-8 can give your organs and tissues a much-needed oxygen boost.



Relaxation practices also help bring the body back into balance and regulate the fight-or-flight response we feel stressed. This is particularly helpful if you’re experiencing sleeplessness due to anxiety or worries about what happened today — or what might happen tomorrow. Swirling thoughts and concerns can keep us from being able to rest well.

The 4-7-8 technique forces the mind and body to focus on regulating the breath, rather than replaying your worries when you lie down at night. Proponents claim it can soothe a racing heart or calm frazzled nerves.

Over time and with repeated practice, proponents of 4-7-8 breathing say it becomes more and more powerful. It’s said that at first, its effects aren’t as apparent. You might feel a little lightheaded the first time you try it. Practicing 4-7-8 breathing at least twice per day could yield greater results for some people than for those who only practice it once.”

## How to Practice 4-7-8 Breathing:

To practice 4-7-8 breathing, find a place to sit or lie down comfortably. Be sure you practice good posture, especially when starting out. If you’re using the technique to fall asleep, lying down is best.

The following steps should all be carried out in the cycle of one breath:

1. First, let your lips part. Make a whooshing sound, exhaling completely through your mouth.
2. Next, close your lips, inhaling silently through your nose as you count to **four** in your head.
3. Then, for **seven** seconds, hold your breath.
4. Make another whooshing exhale from your mouth for **eight** seconds.

When you inhale again, you initiate a new cycle of breath. Practice this pattern for four full breaths.

Source: <https://www.healthline.com/health/4-7-8-breathing#How-to-do-it->