

Two Effective Strategies for Sound Sleep

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Here are two powerful techniques to help anyone suffering with insomnia.

I have personally found them effective.

1: The 4-7-8 breathing technique

The 4-7-8 breathing technique also known as “relaxing breath,” involves breathing in for **4 seconds through your nose, holding the breath for 7 seconds, and exhaling through your mouth for 8 seconds**. Rest the tip of your tongue against the roof of your mouth, right behind your top front teeth. You'll need to keep your tongue in place throughout the practice. This breathing pattern aims to reduce anxiety or help people get to sleep. Some proponents claim that the method helps people get to **sleep in 1 minute. Do this approximately 8 times.**

2: This next technique is illustrated by Jim Donovan. Jim Donovan, M.Ed., is a professional musician and assistant professor at Saint Francis University. He teaches us a simple, quick method to slow your brain down by using rhythm. Watch this 12 minute video for full explanation of this technique:

<https://www.youtube.com/watch?v=A5dE25ANU0k> (**May Need to Copy and Paste the link in Your Browser**)

The information on this website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Grisanti and his functional medicine community. Dr. Grisanti encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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