* + 1. Breathing

The 4-7-8 breathing helps regulate your breath, slow your heart rate, and bring your body into a state of deep relaxation, and can be practiced while in bed before drifting off to sleep.

*If you experience light-headedness, stop and breathe normally.*

**Steps**

1. Find a Comfortable Position

* Sit upright in a chair with your feet flat on the floor, or lie down in a relaxed position.
* Rest your hands comfortably on your lap or at your sides.
* Close your eyes to minimize distractions.

1. Prepare Your Breath

* Take a deep breath in through your nose, then exhale fully through your mouth.
* Relax your jaw, shoulders, and any tension in your body.

1. Follow the 4-7-8 Pattern

* Repeat the following steps in cycles:
* Inhale (4 seconds)
* Breathe in deeply through your nose for a count of 4.
* Fill your lungs fully, expanding your belly as you inhale.
* Hold (7 seconds)

1. Hold your breath for a count of 7.

* Stay calm and resist the urge to exhale too quickly.
* Exhale (8 seconds)
* Slowly exhale through your mouth for a count of 8.
* Make a soft "whooshing" sound as you release the air, letting it flow out naturally.
* Repeat
* Complete 4-6 cycles for maximum benefit.

1. Transition Back to Normal Breathing

* After completing the cycles, return to a natural breathing rhythm.
* Take a moment to notice how your body feels.

**Tips for Success**

* Modify if Needed: If holding your breath for 7 seconds is difficult, start with a shorter count (e.g., 3-5-6) and gradually increase.
* Use Before Sleep: This technique is excellent for unwinding at bedtime or if you wake up during the night.
* Create a Relaxing Atmosphere: Pair with dim lighting, soft music, or a quiet space for deeper relaxation.