



Breathing Exercises for Better Sleep

Try these gentle breathing techniques 10–15 minutes before bedtime to relax your body and open your airways. You can do them sitting or lying down.



Tip: Combine these exercises with a calm environment — dim lights, no screens, and quiet music or white noise.



[Track your sleep and snoring patterns in a journal for 7–14 days to find triggers and patterns!](#)



[Grab the Snore Reduction Checklist here \(pdf\)](#)



1. Box Breathing (4-4-4-4 Method)

How to do it:

- ◆ Inhale through your nose for 4 seconds
- ◆ Hold your breath for 4 seconds
- ◆ Exhale through your mouth for 4 seconds
- ◆ Hold again for 4 seconds



Repeat for 5–10 cycles

Great for calming the nervous system and reducing stress;



2. Alternate Nostril Breathing

How to do it:

- ◆ Sit comfortably
- ◆ Close your right nostril with your thumb and inhale through the left
- ◆ Close your left nostril with your ring finger, release the right, and exhale
- ◆ Inhale through the right, switch, exhale through the left



Continue for 5–7 minutes

Helps balance breathing and improve airflow through nasal passages;



3. 4-7-8 Relaxation Breath

How to do it:

- ◆ Inhale through your nose for 4 seconds
- ◆ Hold your breath for 7 seconds
- ◆ Exhale slowly through your mouth for 8 seconds



Repeat 4–6 cycles

Known.for.helping.you.fall.asleep.faster;



4. Diaphragmatic (Belly) Breathing

How to do it:

- ◆ Lie on your back, place one hand on your chest, one on your belly
- ◆ Breathe in deeply through your nose, filling your belly
- ◆ Exhale slowly through your mouth



Do this for 5–10 minutes

Encourages.deeper?slower.breathing.that.promotes.sleep;