

Title:

Breathing And Relaxation Techniques To Sleep Better...

Word Count:

441

Summary:

There are many breathing and relaxation techniques that you can learn to use to promote relaxation.

Sleeping with the window open will help the air to circulate in your bedroom and fill your lungs.

Try this breathing technique when you first get into bed:

1. Take a...

Keywords:

insomnia, sleeping disorders, sleep better

Article Body:

There are many breathing and relaxation techniques that you can learn to use to promote relaxation.

Sleeping with the window open will help the air to circulate in your bedroom and fill your lungs.

Try this breathing technique when you first get into bed:

1. Take a deep breath.
2. Breathe in through your nose and visualize the air moving down to your stomach.
3. As you breathe in again silently count to four.
4. Purse your lips as you exhale slowly.
5. This time count silently to eight.
6. Repeat this process six to ten times.

The results of this breathing technique are immediate. You will feel your shoulders and arms relax.

Practice this breathing technique on a daily basis so that it becomes a natural routine for you.

As well as using breathing techniques to encourage natural sleep you can try several relaxation techniques.

Try the following relaxation exercise before you get into bed:

1. Lay on your back on the floor with your feet slightly apart, your hands by your sides, and your eyes closed.
2. Close your eyes and concentrate on every part of your body.
3. Begin at the top of your head and work your way down to your toes.
4. Start by feeling your forehead tense, then your eyes, face, and jaw.
5. Tense and release each muscle group, such as your shoulders and neck.
6. Give attention to each area of your body from the top of your head, down through the trunk of your body to your feet.
7. Stay in this relaxed condition for a few minutes. Concentrate on your breathing and let all your thoughts go.
8. Stretch slowly before standing.

The above exercise will tell your body and mind that it is okay to settle down, leaving behind your stress and tension.

There are many more techniques and exercises available to promote deep breathing and relaxation

Your goal is to recognize that deep breathing and concentrated relaxation are tools available

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