

# '4-7-8' method helps you quickly get a good night's sleep as a child

Skinhead, trouble sleeping? This trick will solve it all, when you put yourself to sleep within 60 seconds.

1. There is a recipe to help you have a good sleep while awake at all times
2. 12 causes of insomnia that you never expected
3. How to get rid of feeling tired after every working day?

1/3 of human life each of us is used to sleep. This can be seen, sleep plays an important role for the health of each of us, especially very good for the brain.

Surely one of us, after a day of hard work, also wishes to have a deep and delicious sleep, without nightmares so that the next morning can be awake, full of energy to work.



However, that is just thinking. In fact, many people find it hard to get a good night's sleep because of the many causes that affect the environment such as the living environment, work pressure, phone light when used at night . As a result, the body makes always in a state of fatigue. And yet, lack of sleep also causes many adverse health effects such as obesity, heart disease, diabetes, and above all, to reduce the life expectancy of people.

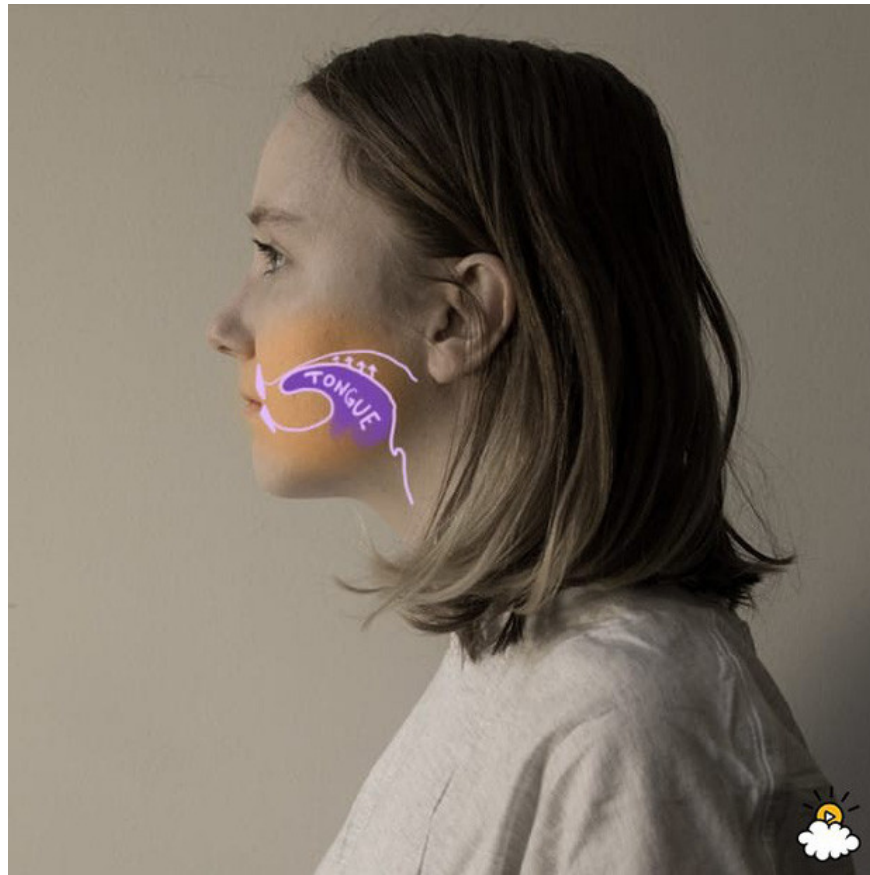
So, if you don't want your body to have these problems due to lack of sleep, you should learn how to sleep properly and get enough hours. If you are having a hard time starting a good sleep, you can apply the formula '4-7-8' by Dr. Andrew Weil - a very famous American sleep expert. With this recipe, you will fall asleep less than 1 minute.



This '4-7-8' method consists of 5 steps

1. Breathe out, or blow out completely by mouth. Note: must breathe hard, make sounds. Tongue head placed behind the upper jaw.
2. Close your mouth, breathe gently in your mouth, count silently in the beginning to 4.
3. Hold your breath, count to 7.
4. Breathe out loud again, counting to 8.
5. Close your mouth, inhale gently, repeat the whole process 3 more times.

According to Dr. Weil, if we can do the 5 steps correctly, people with chronic insomnia can also get a quick sleep. And the secret here is simply the way we breathe. It was derived from an ancient Indian breathing exercise called pranayama which means "Rules of Breathing" that this exercise still applies in today's yoga. This breathing exercise is as follows:



1. While sitting upright, simply place your tongue on the inside of the upper incisor and hold it there throughout the entire exercise (this will create a sound that sounds like the wind whistling when you exhale. ).
2. Next, inhale through the nose for 4 seconds then hold the breath for 7 seconds and exhale through the mouth for 8 seconds.
3. Repeating this movement three of your four breathing cycles is appropriate. In total, you should do a maximum of eight breaths.

Breathing techniques 4 - 8-8 are recommended twice a day - once in the morning and once at night and this method, you only take 30 seconds a day, so there is no reason why you don't Try applying to get deep sleep.



With this breathing method, your lungs will be filled with air, so that oxygen will be loaded into your body, helping your mind to return to a state of calm.

*' Practice breathing like that twice a day. This is a great way to help you sleep . '*

*" After 4 - 6 weeks, you will find extremely great benefits happening to the body . "*



According to Dr. Weil, this breathing method not only helps your insomnia, but it can also control appetite and curb anger, thereby relieving stress on the brain.

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