

# How to sleep in less than 1 minute?

Many of us often feel tired from losing sleep, or lying down forever and unable to sleep. Apply the 4-7-8 breathing technique below, help you quickly go to sleep in less than a minute!

Many of us often get tired of insomnia or sleep forever, especially before life's important events such as preparing for exams, public speeches, wedding or a far away trip. The night before, you had to sleep deeply so that the next morning could be fully awake to do a good job, but the truth is you can't sleep. So the secret for you to overcome this problem is breathing technique 4-7-8. Although the 4-7-8 breathing technique is simple but extremely effective, it will help you fall asleep easily in less than 1 minute.

## What is the technique of breathing 4-7-8?



Whenever you feel pressure, stress, anxiety or anger, the adrenaline hormone in your body will run through your vein, making your heart rate increase and your breathing becoming faster and faster. This makes it often difficult for you to fall asleep. However, breathing techniques 4-7-8 will help you handle this problem. [10 dangerous dangers of not getting enough sleep]

The 4-7-8 breathing technique consists of three simple steps: First, **inhale air** into the body with the nose for four seconds, then **hold the breath for seven seconds** and **exhale through the mouth** for eight seconds afterwards.

## How does breathing technique 4-7-8 work?

Before going into specific breathing details 4-7-8, I want to explain things in my way about what you will feel when trying to apply this method. The effect of this breathing technique will be like a **sedative** by holding your breath for seven seconds and then exhaling for eight seconds - while the short and rapid breath makes the body forced to make the beat. heart slowed down because there was no other choice. Holding the breath for 7 seconds and then breathing slowly out for eight seconds causes a chain reaction. The feeling is like walking from the sprint to the final destination slowly, leisurely, calmly like walking in a park.



When you start trying this method, you will feel extremely desperate to just go to the next breath or speed up your count. But remember not to give up, if you can fix the count ( *or at least try to do so* ), don't " *take a break* " or in other words, repeat the breathing technique repeatedly 4-7-8 Without stopping to breathe in the usual rhythm, you can feel your heart rate slowing, your mind quieter and your whole body relaxed. The feeling is the same as when you are using an anesthetic!

According to my personal feelings, as soon as I started to apply breathing techniques 4-7-8, the next morning the only thing I remembered was that I woke up very alert and energized, even I can't remember how I started counting the 4-7-8 beats the night before.

Here, I will explain more about the technical details of this " *good sleep*" method. People with chronic stress or anxiety often have lower levels of breathing than others because usually the breaths of those people are often short and shallow, sometimes even holding their breath unconsciously. By expanding the air inhalation when counting to four, you are forcing your body to receive more oxygen, allowing oxygen to affect the bloodstream by holding your breath for seven seconds, and then " *releasing* " the gas. CO<sub>2</sub> from the lungs by breathing out regularly for eight seconds. This technique will be effective, slow your heart rate and increase your oxygen level in the blood, and may even make you feel lighter and lighter like the effect of a mild sedative.

## **How to apply 4-7-8 techniques?**



Practicing this breathing technique has a part of yoga and health care methods for centuries but is not popular in Western culture. Breathing techniques 4-7-8 are well known in the United States and are based entirely on scientific research conducted by the leading researchers in engineering such as Dr. Andrew Weil of Harvard University.

Although I do not promise or assert ( *and so do Dr. Weil* ) that applying this 4-7-8 breathing technique can fight disease or provide clinical benefits, but I can say With you one thing: If it affects you like it did to me, it will help you start a sleep more quickly. This technique is not only free because you don't need to spend any cost, but it also works in many different cases. In addition to using it to go to sleep, you can also apply breathing techniques 4-7-8 if you wake up in the middle of the night because of thinking about something that is still in trouble, so you can quickly turn. back to sleep. If you feel anxious before an important event (such as a wedding or giving a speech in front of a crowd); If you are angry about something and want to calm down, or are anxious waiting for your trip tomorrow morning and can't sleep, this 4-7-8 breathing technique will help you sink In a good night's sleep, you can be alert for important activities the next day.

Maybe in the first time you will have difficulties and want to give up but do not be discouraged because if successful, you will experience extremely great feelings and never have to endure the feeling of ignorance. Dumb, tired of losing sleep again!

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