



Saturday, October 26, 2024

The trick to falling asleep fast: The 4-7-8 method

Dr. Andrew Weil urges those who have difficulty falling asleep to try the 4-7-8 method.

A good night's sleep is a key component in a person's ability to get through the day that follows. Both professionally and personally.

However, the rhythms we live in do not help in this direction, as more and more people face problems falling asleep. Mainly to be calm and relaxed, in order to move into the first stage of sleep.



You see, the demands that exist, the rhythms of life, but also the stress of everyday life, only allies cannot be characterized in someone sleeping.



So, when we lie in bed, instead of eliminating the stress of the day, our mind continues to work at the same, maybe more rhythms, thinking about the day or the one to come.

Dr. Andrew Weil who is the founder and director of the University of Arizona Center for Integrative Medicine suggests a trick that promises to solve this problem and help anyone who follows it fall asleep quickly.

It is the 4-7-8 method that has its roots in the ancient yogic tradition that helps to relax the body and mind, before facilitating sleep. That's why Dr. Andrew Weil has named it as a natural tranquilizer for the nervous system responsible for the function of rest and digestion, while it deactivates the nervous system, which activates the stress response.

In fact, as reported by Vogue, the 4-7-8 method can be used before going to bed, during the night if you wake up or even during the day, in order to get rid of the stress and anxiety that burdens you.



How does it work?

By following the following 3 simple steps...

1. Breathe through the nose for 4 seconds.
2. Hold your breath for 7 seconds.
3. Exhale for 8 seconds through the mouth, making the "sssss" sound through pursed lips.

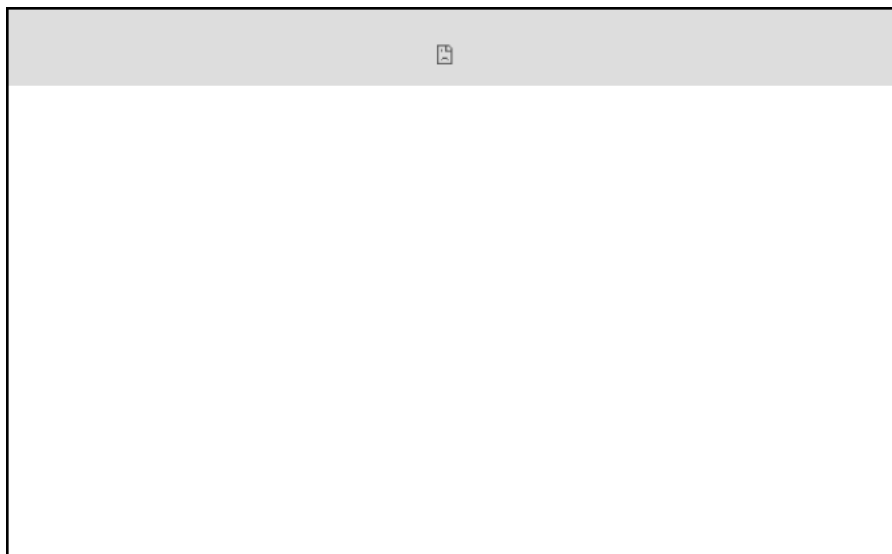
You have to do the above 4 times and as the article states, the more often you repeat it, the more effective it is.

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