

# Breathing Technique

## REDUCE ANXIETY & FALL ASLEEP FASTER

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1

### EXHALE

Exhale completely through your mouth.

2

### INHALE

Close your mouth and inhale slowly through your nose for 4 seconds.

3

### HOLD

Hold your breath for 7 seconds.

4

### EXHALE

Exhale slowly through pursed lips for 8 seconds.

Repeat as needed.

