

<https://www.prima.co.uk/diet-and-health/healthy-living/news/a42720/simple-sleep-trick-how-to-fall-asleep-in-one-minute/>

This simple sleep trick will help you fall asleep in under a minute

It's quicker than counting sheep!

By Anya Meyerowitz

22/02/2018



GEBER86GETTY IMAGES

Even though we spend all day running around, sometimes the biggest task of the day is actually falling asleep at the end of it.

We know we should be tired and lord knows we love our bed but somehow sleep can easily evade us.

Whether it's because of stress or a sleep condition like insomnia, trying to fall asleep can be a frustrating process and not leave us feeling as fresh as we'd like come morning.

Luckily though, a modern-day miracle has been uncovered in the sleep-sphere: holistic breathing techniques.

<https://www.prima.co.uk/diet-and-health/healthy-living/news/a42720/simple-sleep-trick-how-to-fall-asleep-in-one-minute/>

They are primarily used to combat stress and anxiety but can be used to help people with their sleeping problems, reports *Indy100*.

Although the field of holistic breathing is vast, there is one particular technique that stands out. A technique which can apparently help people fall asleep in under 60 seconds is called the "4-7-8" exercise.

The incredibly simple exercise has been championed by best-selling author Dr. Andrew Weil and it goes a little something like this.

- Place the tip of your tongue on the tissue ridge on your upper front teeth and keep it there for the remainder of the exercise.
- Then exhale through your mouth, making a 'whoosh' sound as you do.
- Follow this by closing your mouth and slowly breath in through your nose and count to four.
- Next, you'll need to hold your breath for the count of seven.
- Exhale for the count of eight and make the same 'whoosh' sound that you did in step two.
- Then repeat this exact cycle three more times.

The science behind the technique is that it allows a person to take in more oxygen on the four-count, which then flows through the bloodstream more easily on the seven-count.

The eight-count then slows the heart down and releases more carbon dioxide into the lungs and after four cycles your next stop should be the Land of Nod.

Is this a final farewell to counting sheep? We hope so!

From