



The Primary Health Awareness Trust

Guided Breathing & Sleep Tools

1. 4-7-8 Breathing - Inhale for 4 seconds, hold for 7, exhale for 8. Calms the nervous system and aids sleep.
2. Box Breathing - Inhale, hold, exhale, and hold again for 4 seconds each. Great for reducing anxiety.
3. Diaphragmatic Breathing - Breathe deeply into your belly to increase oxygen and reduce tension.
4. Body Scan Meditation - Mentally scan each part of your body to release stress and prepare for sleep.
5. Guided Sleep Stories - Use free apps like Calm or Insight Timer for bedtime stories that ease your mind.
6. Progressive Muscle Relaxation - Tense and release each muscle group from head to toe for deep relaxation.
7. Gentle Sleep Music - Soft ambient or nature sounds can trigger melatonin production and better sleep.
8. Aromatherapy - Scents like lavender or chamomile help calm the body before sleep.
9. Visualization - Imagine a peaceful scene (like a beach or forest) while breathing slowly to drift off.
10. Binaural Beats - Use headphones to listen to relaxing tones that sync brainwaves with sleep rhythms.
11. Bedtime Routine - Keep a consistent nightly routine to train your body to wind down at the same time.
12. Avoid Screens - Shut off devices 30-60 minutes before bed to prevent blue light from disturbing

melatonin.

13. Legs Up the Wall Pose - A relaxing yoga pose that calms the nervous system before bed.

14. Breathing Apps - Use apps like Breathe+ or Oak to follow on-screen breathing guides.

15. Journaling - Write down thoughts or worries before bed to clear your mind for restful sleep.