



4:7:8 Ratio

Benefits include: Helps to unwind before sleep. Relaxes the body.

Suggested time: 5 - 10 minutes

Method:

Lie down and imagine the spine is in a straight line. You might want to have a pillow under your head, but make sure your neck is free to allow smooth breathing. Spend a few moments following your natural breath as it flows in and out. Encourage the inhale to come into the body from the soles of the feet, travelling to the top of the head, and imagine the exhales to go from the top of the head down to the tips of your toes. On each exhale imagine that you are letting go of more of the day, and releasing it from the body.

When you are ready:

- Breathe in for a count of 4
- Hold the breath for a count of 7
- Breathe out for a count of 8
- Keep repeating this cycle.

If the mind wanders, gently bring it back to the count.

Use each exhale as an opportunity to ask the body to relax a little bit more and slow yourself down. Imagine all of your muscles relaxing and softening with each breath as you surrender to gravity.

If you find the ratio hard, try counting quicker. Gradually, as the mind slows and the body relaxes, the count will slow down.

“As long as there is breath in our lungs, our story is still being written.”

Bart Millard

