



Alternate Nostril Breathing may help to:

- Relax your body and mind
- Reduce anxiety
- Promote overall well-being
- Lower stress and improves cardiovascular function
- It is an important sleep tool because alternate nostril breathing encourages deep relaxation by balancing the left and right sides of the brain while calming the nervous system.

A 2013 study found that people who practiced alternate nostril breathing lowered their perceived stress levels. After 12 weeks of practice, the participants had improvement in heart rate, respiratory rate, and blood pressure.

Practicing alternate nostril breath is safe for most people. Talk to your doctor before starting the practice if you have a medical condition such as asthma, COPD, or any other lung or heart concern. If you feel any adverse effects, such as shortness of breath, while doing the breathing technique, you should stop the practice immediately. This includes feeling lightheaded, dizzy, or nauseous. If you find that the breathing is bringing up feelings of agitation or that it triggers any mental or physical symptoms, you should stop the practice.

Alternate Nostril Breathing Activity:

- Sit comfortably on your chair (note: when doing this at home, you can do this breathing exercise in bed – cross-legged, kneeling, propped up on blankets, or any way that feels the best for you), resting your left hand on your left thigh.
- Take your right hand with the fingers extended like you are waving at someone and bend your peace fingers (pointer and middle finger) so they curl into your palm.
- Rest your right ring finger and thumb on either side of your nostrils, lightly touching them but not constricting.
- Take a big breath in and a big breath out, then close off the right nostril with your thumb and inhale through the left nostril fully for a count of four.
- At the top of that breath, close off the left nostril with your ring finger, hold and retain the breath for a count of four, and then release the right nostril and exhale for a count of four.
- Next, inhale deeply for a count of four through the right nostril, close it off, hold and retain the breath for a count of four, and then release the left nostril as you exhale completely through it for a count of four.
- Proceed to inhale deeply through the left, repeating the cycle.
- Do this as many rounds as you like, being sure to exhale through the left nostril to complete your last cycle.
- Once you are done, lie down in bed and drift away!