

# How to Enjoy Quality Sleep and Conquer Insomnia

## by 'Focusing on Breathing'

Focusing on breathing reduces the flow of thoughts, calms the mind and relaxes the body.  
Even people with chronic insomnia can reduce or eliminate sleep medications.

### How can I do it?

Try the following modes of 'Focusing on breathing' in the order described. Don't try to change the pattern of breathing. It is OK for it change by itself. Start with the 'Triple Segment Mode'. By the time you complete 4 to 6 hands, you may feel sleepy. You may not like to move your fingers. Then, switch to the 'Counting Mode'. After a while, you may feel more sleepy. You may not like to count. Then, switch to the 'Feeling Mode'. You will be surprised how quietly you will fall asleep! When your sleep gets disturbed, use the same practice and get back to quality sleep again.

**Triple Segment Mode:** Every finger has two cross lines dividing the finger into three segments. Place the tip of the thumb at the top segment of the little finger. Breathe in and out, three times. Shift the thumb to the middle segment and breathe in and out three times. Move the thumb to the bottom segment and breathe in and out three times. Repeat these steps at the next 3 fingers. At the thumb, place the tip of the index finger on its segments and repeat the steps. Now switch to the other hand and repeat the steps on all its fingers. Continue practicing, switching hands.

**Counting Mode:** When breathing in, feel the *faint coolness* inside the nose. When breathing out, count *slowly* in the mind. First out-breath, count 'one....', second out-breath 'two....' and third out-breath 'three....'. Then, repeat the same sequence: count 'one....' during the first out-breath, so on. Keep on practicing. Every time you lose the focus on breathing, simply resume the practice, by counting 'one....' during the next out-breath.

**Feeling Mode:** When breathing in, feel the faint cool sensation inside the nose. When breathing out, feel the faint warm or neutral sensation inside the nose. You can also sense the slight expansion and contraction of the abdomen, as you breathe in and out. Don't use fingers. Don't count.

Other modes of focusing on breathing like the 'Tip mode' which works for even 5 year old children and the '911' mode, that relieves stress quickly, are described in the author's web site (\*).

### Beyond quality sleep

Use this simple stress relieving technique, intermittently, throughout the day, using one or more of the modes.

Awake but lying in bed in the morning, stressed, tired, bored, angry, sad, frustrated, panicky waiting, walking, doing some work, listening, traveling, exercising, playing games. 'Focusing on breathing' becomes a habit. You won't get stressed out.

This practice may relieve variety of mind body problems like

Anger, Anxiety, Attitude, Compulsive thoughts, Lack of focus, Chronic pains, Depression, Difficult relationships, Grim and non-smiling face, Fatigue, Grief, Hypertension, Repeated failure of infertility treatments, Insomnia, Migraine, Obesity, Panic attacks, Smoking, Stress of all kinds, Stuttering, Worry....so on.

### Testimonials

**Padma Sripada M.D:** "I introduced this technique to some of my patients with *anxiety, panic attacks, hypertension and insomnia*. Everyone who adopted it reported that it helps them relax. Some said it helped them sleep better and *no longer rely on medications*."

**Zina Hymes, a patient:** "Since almost 19 years I have had great difficulty sleeping, as I was in extreme pain due to Fibromyalgia. I was not able to sleep even with the aid of many medications prescribed by a sleep specialist. None of them compare with these breathing techniques. I can now get many hours of consecutive sleep. After many years, I am now able to do some of my household chores like vacuuming and also drive my car! I suggest these techniques to everyone to reduce stress and gain profound energy."

**Mark Bocain, a practitioner:** "Moronically simple, yet works like a charm"

You can see several success stories on sleep at <http://countingbreaths.com/fob/relax/benefits#insomnia>

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Suryanarayana Chennapragada (Short name – CS) trains adults and children in simple and doable mindbody techniques for  
Relaxation, Stress management and Meditation. Flexible times and affordable charges.