



The '*Breathing Solution*' for Sleep Problems

'Counting the breaths' stops the thoughts, calms the mind and relaxes the body, letting you fall asleep and enjoy better sleep. When you wish to sleep, begin practicing the 'Segment mode' and advance to other suggested modes till you automatically fall asleep.

Segment mode: Start with any one hand, say the left hand. Note that every finger has two cross lines dividing it into three segments. Place the tip of the thumb at the top segment of the little finger and count three breaths as explained below. Move the thumb to the middle segment of the same finger and count three breaths. Move to the bottom segment and count three breaths. Release the little finger. Repeat these steps at the next three fingers: ring, middle and index fingers. At the thumb, place the tip of the index finger on its segments and repeat the steps. Then, switch to the right hand and repeat the same practice. Continue practicing switching hands. *When you feel sleepy, switch to the 'Counting mode'.*

Counting mode: Breathe easily and comfortably. During the in-breath, feel the coolness inside the nostrils. During the out-breath, say the number 'one' silently and slowly as 'Ooone....', like a chant, keeping its sound alive in the mind as long as you exhale. When you run out of air, stop the sound. During the next in-breath, feel the coolness in the nostrils again. During the out-breath, say the number 'twooo...' like a chant. During the next in-breath, feel the coolness inside the nostrils. During the out-breath, say 'threeee... like a chant. For the next out-breath, don't say the next higher number. Instead, restart counting from 'Ooone....'. Continue counting the breaths in sets of three.

You started with the 'Segment mode' and when you felt sleepy switched to the 'Counting mode'. After practicing it for some time, you may feel more sleepy. Then switch to the 'Feeling mode'.

Feeling mode: Don't use the fingers or count the breaths. During the in-breath, feel the coolness inside the nostrils. During the out-breath, feel the warm or neutral sensation. You can also place a hand on your abdomen and focus on the slight outward movement during the in-breath and inward during the out-breath. Continue practicing, as long as you like.

If you wake up in the night, repeat the above steps to fall back to sleep.

Stress free living: You can use the 'Counting mode' or 'Feeling mode' to calm yourself when you feel stressed, tired, angry, sad, frustrated, panicky, restless while waiting, etc.

Gain relief from Anger, Anxiety, Compulsive thoughts, Lack of focus, Chronic pains, Depression, Difficult relationships, Fatigue, Hypertension, Insomnia, Migraine, Obesity, Panic attacks, Addictions, Smoking, Worry and more. Visit countingbreaths.com to see numerous testimonials.

Testimonials

"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*." ...Padma Sripada MD (doctorpadma.com)

"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. 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!" ...Zina Hymes

Suryanarayana Chennapragada (aka 'C S) offers

Solo classes and Group seminars: On *Meditation, Gentle Yoga stretching and Stressful relationships*.
2500 Pond View Ste 202 Castleton NY 12033 (the office of Padma Sripada MD). \$45 for 3 Classes.

