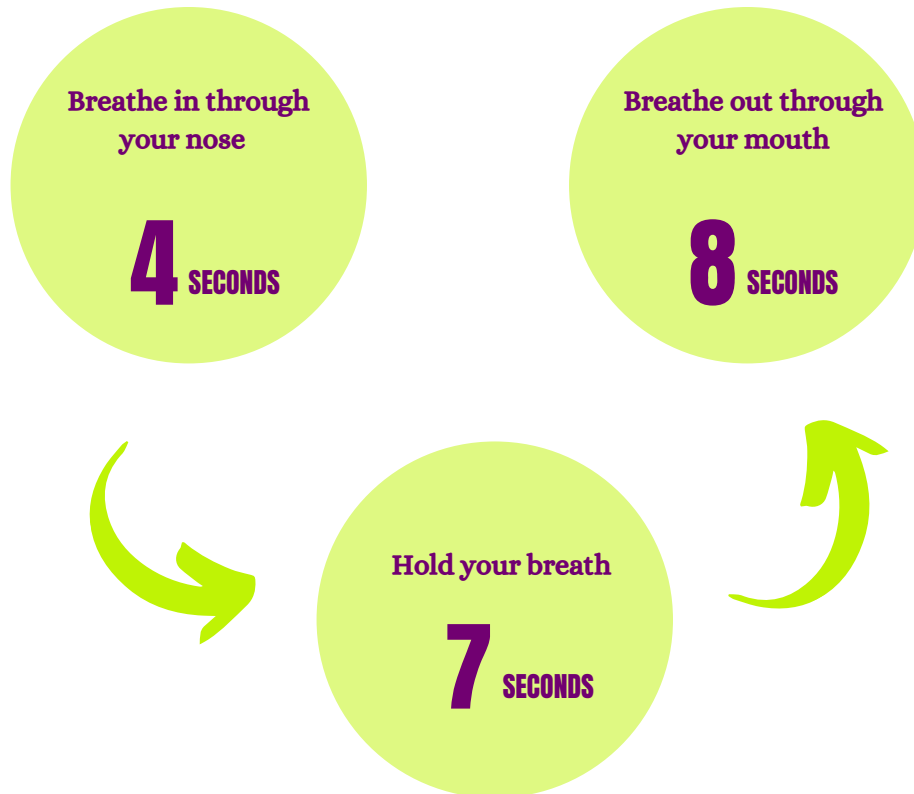


4-7-8 BREATHING TECHNIQUE

This breathing technique can aid relaxation and sleep. Start by sitting or lying in a comfortable position.



REPEAT TECHNIQUE 4 TIMES

Please Note:

If you're not familiar with this breathing technique, it may cause light-headedness. Therefore, avoid practicing it while driving. If you feel light-headed, try reducing the duration and gradually build up to the 4-7-8 pattern.