



The next time you find yourself holding your breath after responding to emails, texts, or scrolling through Instagram, try this breathing exercise to unwind your mind and reverse the stress response caused by screen apnea.

1. Sit comfortably in an upright position with your back straight. Inhale through the nose for 3 seconds. (Try placing your hands on your waist to ensure the breath goes deeper than chest level and that you achieve an expansion of your entire waistline.)
2. Gently exhale through the nose for 6 seconds. If unable to exhale for full 6 seconds through the nose, try pursing your lips and breathing out like you're blowing out birthday candles.
3. Pause for 2 seconds at the end of your exhale.
4. Repeat this breathing coordination exercise in a smooth, continuous rhythm (inhale for 3 seconds, exhale for 6 seconds, pause for 2 seconds) for 1-2 minutes.\*\*

\*\*If you find this breathing coordination too difficult, try inhaling for 3 seconds, exhaling for 4 seconds, pausing for 1 second and repeat for 1-2 minutes.

Disclaimer: This program provides exercises related to your issue that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises, and contact your healthcare provider as needed. All content and media on Motus PT website are created and published online for informational purposes only. It is not intended to be a substitute for professional medical advice and should not be relied on as health advice.