

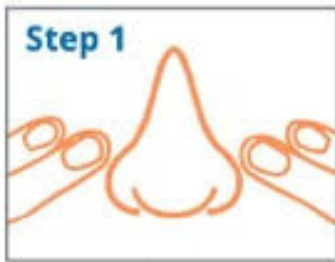


SoundHealth

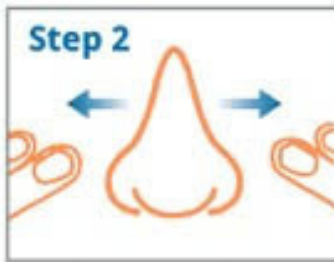
BENEFITS OF NASAL BREATHING

Nasal breathing offers numerous health benefits, such as improved oxygen exchange, enhanced filtration of airborne particles, and better regulation of airflow. Breathing through your nose helps humidify and warm the air before it reaches your lungs, reducing the risk of respiratory infections. Additionally, nasal breathing promotes relaxation and can improve cardiovascular health by maintaining an optimal balance of oxygen and carbon dioxide levels in the body.

ASSESS YOUR NASAL BREATHING



Step 1
Place two fingertips on your cheeks, on each side of your nose.



Step 2
Gently press and pull outward to further open your nasal passage. While holding, breathe through your nose.

CIRCLE HOW YOUR **RIGHT** NASAL PASSAGE FEELS :

- 1: Clear
- 2: Semi Clear
- 3: Semi Blocked
- 4: Blocked

CIRCLE HOW YOUR **LEFT** NASAL PASSAGE FEELS :

- 1: Clear
- 2: Semi Clear
- 3: Semi Blocked
- 4: Blocked

EXPERIENCE

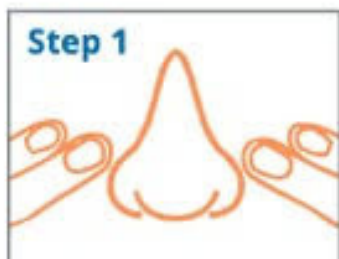
sonu

Use the SONU band for a 15-minute session. Experience the SONU Difference.

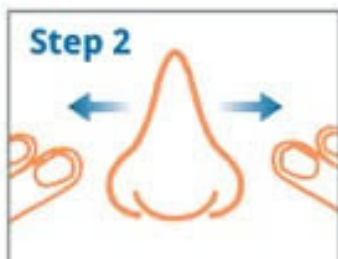




REASSESS YOUR NASAL BREATHING.



Step 1
Place two fingertips on your cheeks, on each side of your nose.



Step 2
Gently press and pull outward to further open your nasal passage. While holding, breathe through your nose.

CIRCLE HOW YOUR **RIGHT** NASAL PASSAGE FEELS :

- 1: Clear
- 2: Semi Clear
- 3: Semi Blocked
- 4: Blocked

CIRCLE HOW YOUR **LEFT** NASAL PASSAGE FEELS :

- 1: Clear
 - 2: Semi Clear
 - 3: Semi Blocked
 - 4: Blocked
-

NOW ENJOY THE BENEFITS OF BREATHING EXERCISES WITH A CLEARER NASAL PASSAGE

With your nasal passages now clearer, you can fully experience the benefits of breathing exercises. These exercises can enhance your overall well-being, reduce stress, and improve your respiratory health. Continue practicing regularly to maintain clear nasal passages and enjoy the calming effects of deep, mindful breathing.

BOX BREATHING EXERCISE:

- Inhale slowly through your nose for a count of 4.
- Hold your breath for a count of 4.
- Exhale slowly through your mouth for a count of 4.
- Hold your breath again for a count of 4.

