

# Blankert sleep respiration ©

'Mimic SWS and start snoring; your mind will focus on breathing and posture and forget the world'



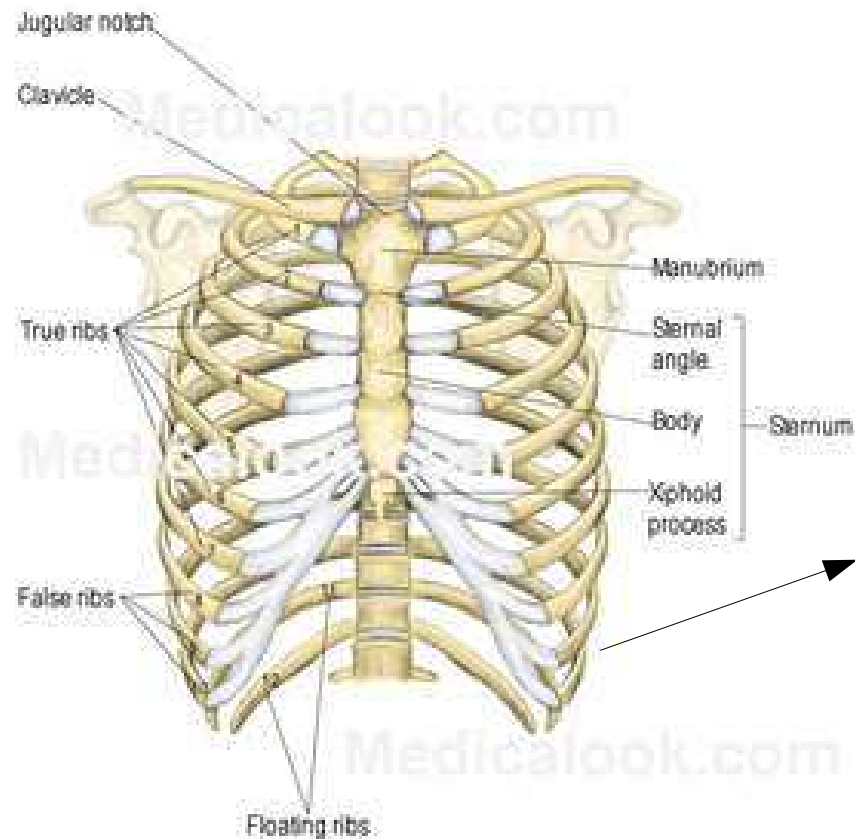
- 3 respiratory directions: 1) chest 'up' 2) abdomen 3) sideways
- During wake: very variable respiration, in terms of volume, direction, muscles used, rhythm....respiratory system is part of limbic system=emotion ('breath taking')
- Average: 12 times per minute, so 5 second cycle, but it varies quite a lot

# SWS – perfect sleeping posture – 1



- 1) back is straight – no neural activity required to make it reticular
- 2) neck sideways – relaxed
- 3) matras fist goes below cushion, into space of matras eye ball above cushion
- 4) non-matras arm crosses chest and hereby prevents chest respiration
- 5) majority of people sleeps 'foetus on left side'

# SWS respiration – 2

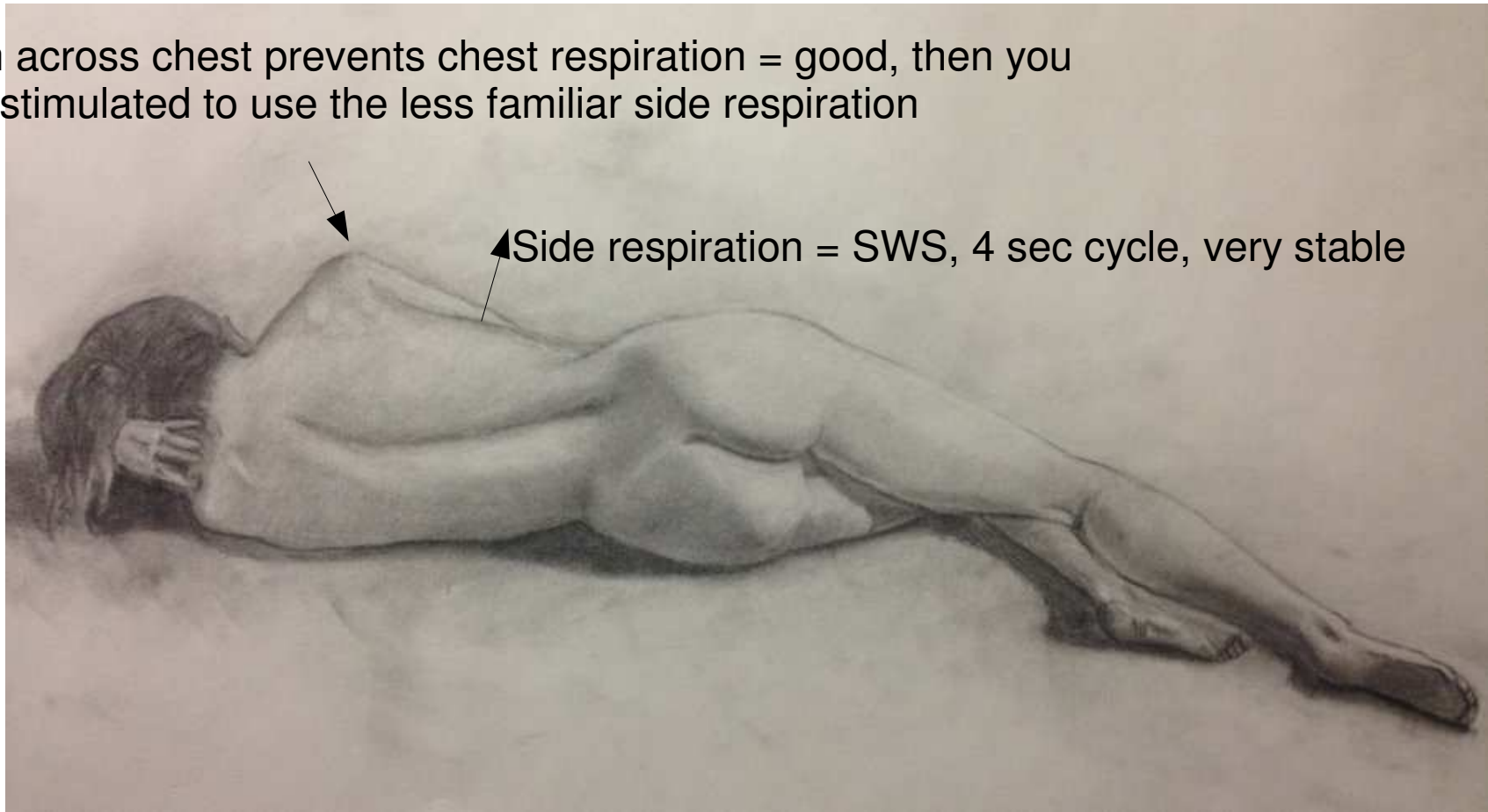


Sideways respiration:  
lower ribs MOVE  
UPWARDS and thereby  
broaden ribcage

- 20% less respiration volume during SWS
- In 1 sec, out 1 sec, 2 sec +/- rest = 4 sec cycle
- Only sideways respiration; NOT chest and NOT abdomen
- This is body's most economical breath – no wonder: chosen as deep sleep breath
- Ultimately stable breath cycle and rythm, you can trust on it 100%

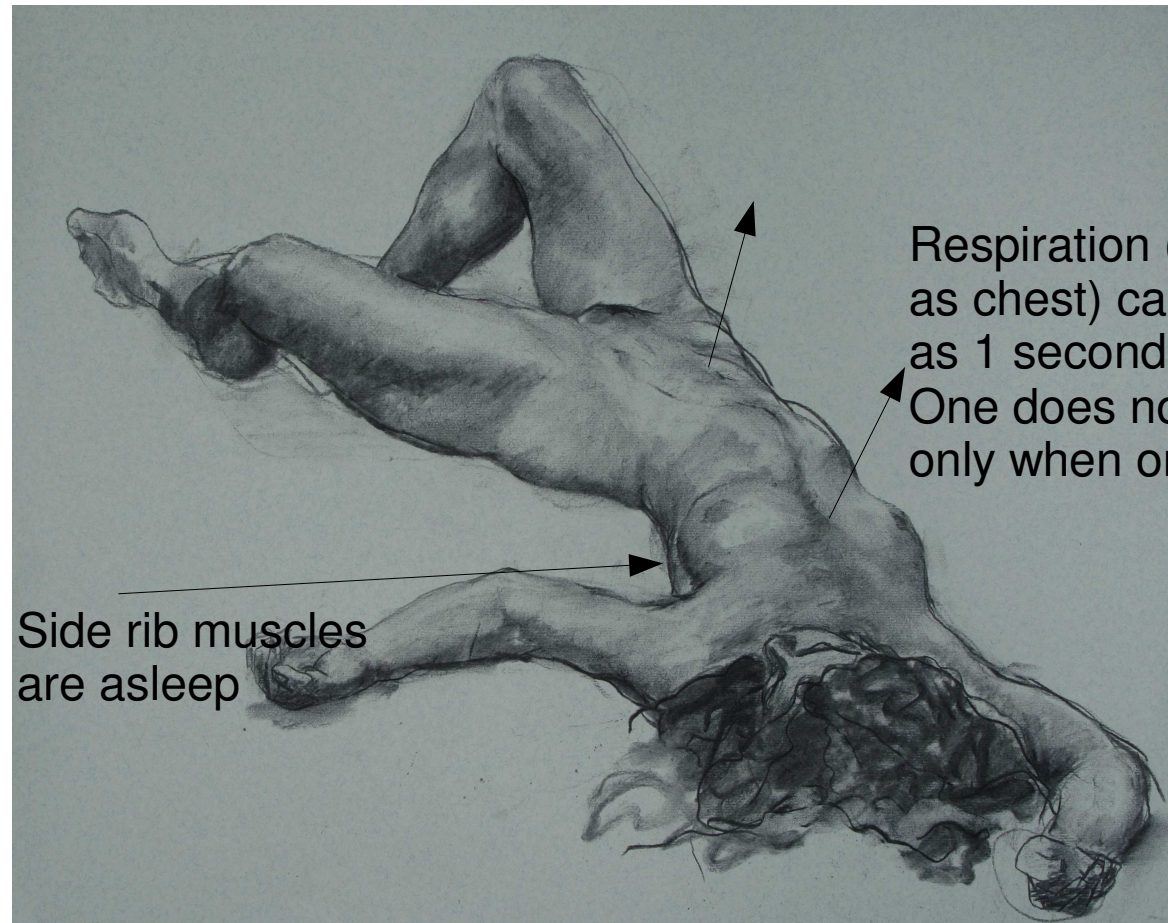
# SWS – 3

Arm across chest prevents chest respiration = good, then you are stimulated to use the less familiar side respiration



SWS sleep: sideways respiration only. Start: empty chest. When you ultimately have to breath, start slowly sideways. 4 sec cycle, fo which inhalation 1,5 sec only, on 'must moment only'. Additional benefit: when focussing your mind on breath, thinking stops. Mimic sligth airway osbtruction, increase of 230% of airway resistance is normal during sleep! No breast respiration and no abdomen respiration

# REM posture and respiration



Side rib muscles  
are asleep

Respiration (abdomen as well  
as chest) can be wild and fast,  
as 1 second in 1 second out.  
One does not feel warmth/cold –  
only when one wakes up

Full action posture, moving, arms and legs in action or ready to act (in dream) head moving. No sideways respiration, only fast abdomen and chest respiration, 2 seconds cycles (1 in 1 out!) very irregularly. No thermoregulation. One is a) very close to wake but b) also far from wake because 'want to remain in story'

External signals can be included in dreamstory – but NOT: thermo