



Nose Unblocking Exercise

Goal of this exercise is to unblock the nasal passages to allow for continuous nasal breathing. It is desirable to breathe through the nose at all times other than when you are speaking or eating.

1. Take a small, silent breath in through your nose and a small, silent breath out through your nose.
2. Pinch your nose with your fingers to hold your breath.
3. Walk as many paces as possible or move your head side to side and up and down with your breath held. Try to build up a medium to strong air shortage, without overdoing it.
4. When you resume breathing, do so only through your nose. Try to calm your breathing immediately.
5. After resuming your breathing, your first breath will probably be bigger than normal. Make sure that you calm your breathing as soon as possible by suppressing your second and third breaths.
6. You should be able to recover normal breathing within 2 or 3 breaths. If your breathing is erratic or heavier than usual, you have held your breath for too long.
7. Wait 1 or 2 minutes before repeating the breath hold exercise.
8. In order to prepare yourself for the longer breath holds, go easy for the first few repetitions, increasing your paces each time.
9. Repeat for a total of 6 breath holds, creating a fairly strong need for air.
10. Suggested reading materials to reinforce good breathing and airway protocols are pictured below.

