

Will Buteyko help my sleep disorder?

- Do you have trouble breathing through your nose when lying down or during sleep? **Yes / No**
- Do you have trouble staying asleep all night? **Yes / No**
- Do you get up to the toilet at least once a night? **Yes / No**
- Are you often tired and rely on extra food or drinks to raise energy levels? **Yes / No**
- Do you have trouble staying awake in meetings or while watching television? **Yes / No**
- Does working hard or being tired make your sleep pattern worse? **Yes / No**
- Does your condition make you have aching muscles, feel chronically tired, irritable or tense? **Yes / No**
- Are you concerned about possible side effects from your sleep disorder or do you already suffer from them? E.g. falling sleep while driving, hypertension, rheumatism, diabetes, depression, heart and chest disease, mental malfunction, paranoia, anxiety. **Yes / No**

If you answered "Yes" to even one of these questions then Buteyko will improve your sleep pattern.

If you answered "Yes" to two or more questions then your energy levels, sleep patterns, capacity to think, feelings of tension and muscle soreness will improve Buteyko.

"Since taking the Buteyko course my condition has improved enormously. Within a couple of days my nose, usually blocked 90% of the time, was almost completely cleared and I had my first full eight hours of sleep since God knows when."

"I have never slept so well and neither has my partner."

How Buteyko will help you

The Buteyko programme is a total approach to health, including special breathing exercises and principles about exercise, food and sleeping that Dr. Konstantin Buteyko considered vital to good health.

Conventional therapies do not change the actual problem of bad breathing. Even if you use a CPAP machine to avoid sleep apnoea for five years, when you stop using it you will still have the problem because these machines only treat the symptoms and not the cause of the problem.

The body will do whatever it can to regenerate itself and to stay healthy. Sometimes a condition occurs because the body becomes out of balance and is a result of the body trying its best to take care of itself. The root cause of your abnormal breathing pattern and poor sleep needs to be addressed. This is what Buteyko does best, by resetting the automatic breathing pattern to operate at the correct level for any activity, including sleep.

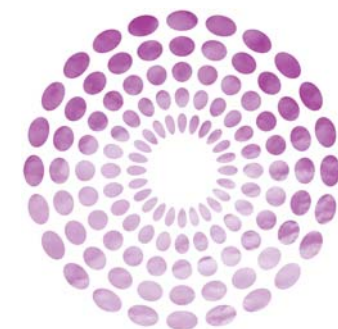
"I have had very good results: I am able to breathe through my nose for the first time in many years, also to sleep breathing through nose which is really great. Excellent sleep!"



SLEEP APNOEA

SNORING

INSOMNIA



Learn the
Buteyko
Method

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"I have more energy and don't need my sleep during the day"

What is Buteyko ?

Reading this brochure is your first step towards better health. Sleeping badly affects your whole life and those around you. Buteyko is a natural, drug-free way of improving sleep patterns by reducing insomnia and the incidence of snoring, sleep apnoea, vivid dreams and nightmares.

What will Buteyko do for You?

Buteyko will allow you and your bed partner have a good night's sleep, which will make you feel ALIVE again.

Buteyko:

- **Eliminates snoring.**
- **Dramatically reduces the incidence of sleep apnoea.**
- **Makes insomnia disappear.**
- **Radically reduces tiredness and pain.**
- **Improves stress management and reduces stress-related symptoms such as irritability and lack of concentration.**
- **Controls allergies and asthma.**

Personalised Attention Ensures Your Safety

Snoring, insomnia and sleep apnoea are conditions with serious consequences. The Buteyko programme is tailored to suit each person and the techniques are taught either one-on-one or in small groups. Buteyko is not about throwing away medication or machines; instead reductions are done safely as symptoms reduce and with consultation with your doctor when necessary.

"Buteyko has helped me sleep better and it has given me confidence and greater concentration."

Breathing and Hyperventilation

Breathing is our most basic requirement for life and good health yet it is the least likely to be considered simply because it is so basic. Breathing affects every cell in your body and like blood pressure it is easy for breathing to become abnormal without you being aware of it. Breathing incorrectly will have devastating results on your health in the long term.

Hyperventilation means breathing more air than your body needs at a particular time. Snoring is an example of hyperventilation because healthy people breathe quietly when they sleep. Other examples include breathing through your mouth while driving a car and sighing or yawning a lot.

People who hyperventilate will be familiar with some of the following indicators of poor sleep:

- Repeatedly waking during the night.
- Waking up tired instead of refreshed.
- Vivid dreams and nightmares.
- Night sweats.
- Blocked or runny nose, especially on waking.

Common Symptoms of Hyperventilation

RESPIRATORY SYSTEM

Shortness of breath, chest tightness
extra sensitive airways, excessive mucus
& sneezing, long term blocked or running sinus,
coughing, excessive yawning
& sighing

PSYCHOLOGICAL

Degrees of anxiety, depression, tension
& apprehension

NERVOUS SYSTEM

Light-headedness, dizziness, unsteadiness,
poor concentration, numbness, tingling & coldness
especially in the hands, feet & face. In severe
cases, loss of memory or consciousness

HEART

Racing, pounding or skipped heart beats

GENERAL

Chest pain (not heart-related), poor sleep
patterns, snoring, chronic exhaustion, general
weakness, mouth dryness, abdominal bloating,
belching and flatulence, easily tired, sweaty palms
or feet, repeated throat clearing,
itchy skin, headaches

"I FEEL MUCH MORE POSITIVE AND RESTED BECAUSE I SLEEP BETTER AT NIGHT. I FEEL IN CONTROL AND DON'T PANIC LIKE I USED TO."

Improvements you can expect

People who enrol in Buteyko courses typically fall asleep easily, but wake up after 3 – 4 hours needing a drink or a visit to the toilet. For the next few hours they remain in a half-asleep, half-awake scenario where they feel that they are not really asleep, yet not truly awake either. Not long before it is time to get up they fall into a deep sleep, so that when the alarm goes off they still feel tired. Their nose is frequently stuffy; they are irritable and have trouble concentrating or learning new information. Many fall asleep at in appropriate times, such as in meetings, watching movies and even driving. Buteyko has been used continuously for more than 50 years and the people who have learned the techniques confirm its success in ridding them of this problem.

"I have had great benefit from Buteyko. I sleep well and have more energy and am much happier."

"The improvement to my sleep through knowledge that I gained at my Buteyko course was incredible. I now sleep as I haven't done in years. It was worth every penny."

"I have found the new breathing technique very beneficial and I no longer get so tired during the day and sleep very well at night. Friends have noticed my breathing is no longer heavy and say I look better."

