

GOLDSTER★

BREATHWORK FOR SLEEP,
SNORING & OBSTRUCTIVE
SLEEP APNEA





BREATHWORK FOR SLEEP, SNORING AND OSA

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BREATHWORK FOR SLEEP, SNORING AND OSA

HOW WE BREATHE CAN MAKE ALL THE DIFFERENCE

Getting the right amount of quality sleep is crucial for feeling good and staying healthy, yet many people struggle to get the sleep they need.

Over one-third of people in the world report sleeping less than seven hours each night and nearly half report having trouble falling or staying asleep.



ITS ALL IN THE TECHNIQUE

Breathing exercises are a simple and easy way to manage stress, feel more relaxed, and wind down before bedtime. Incorporating breathing and other relaxation exercises before bed may help you fall asleep faster and sleep more soundly.

Breathing exercises may also improve the body's production of melatonin, an important sleep hormone. Like other healthy sleep habits, learning breathing exercises require both patience and practice. Learn about several breathing exercises that may help to improve your sleep, as well as tips for incorporating breathing exercises into your bedtime routine.

OUR METHOD

WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

"The path is made by walking on it"

THE COURSE

This course is specifically designed for those with sleep disordered breathing or for those who feel like they never quite get a good night's sleep. If you're waking up with a dry mouth, not feeling fully refreshed in the morning, have been told you snore, struggle with insomnia or have been diagnosed with obstructive sleep apnea, then this course is for you.

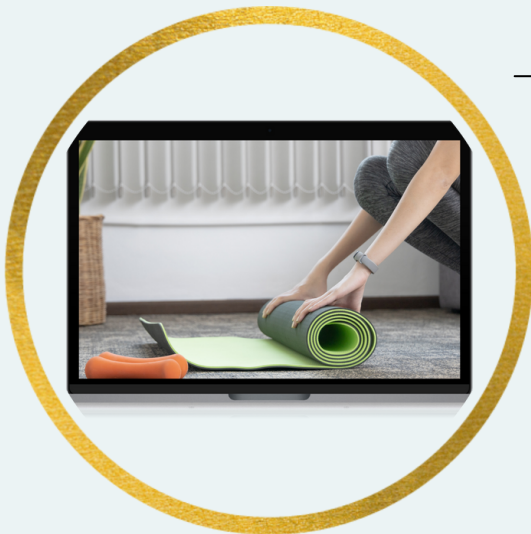
Join Jess, an advanced Oxygen Advantage breath-work instructor, as she guides you through this 6 week programme specifically designed to improve sleep-disordered breathing.

A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.

"When we do it together, we feel better together"

THE COURSE

GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the goldster platform



- Engage and stimulate the physical, emotional and cognitive aspect of your health with classes suggested by the coach
- Participate in the forums and group as often as possible to extract as much information as possible
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you



LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

"Learning is a journey of self discovery"

Week 1

- Introduction to the course, breath-work, the goals and objectives of the course
- The autonomic nervous system in relation to sleep-disordered breathing
- The importance and relevance of nasal breathing and reducing the volume of air
- BOLT score measurements
- Initial breath-work exercises - reduced breathing & breathe light biochemistry
- Q&A

Week 2

- Member check-in - progress, wins, questions and comments
- Recap on previous week
- BOLT score measurements
- Recap and perform reduced breathing & breathe light biochemistry
- Introduce biomechanics of breathing
- Breathe light biomechanics and biochemistry exercises
- Q&A

Week 3

- Member check-in - progress, wins, questions and comments
- Recap on previous week
- BOLT score measurements
- Nasal breathing during sleep and mouth tape discussion
- Recap reduction of volume of air, biochemistry and biomechanics
- Full breath-work practice
- Q&A

Week 4

- Member check-in - progress, wins, questions and comments
- Recap on previous week
- BOLT score measurements
- Nasal breathing during sleep and mouth tape discussion
- Recap reduction of volume of air, biochemistry and biomechanics
- Full breath-work practice
- Q&A

Week 5

- Member check-in - progress, wins, questions and comments
- Recap on previous week
- BOLT score measurements
- Humming and it's physiological impact on the body and mind
- Humming and breath-work practice
- Q&A

Week 6

- Member round-up - sleep/breath-work journal reflection
- Recap on the full 6 weeks
- BOLT score measurements
- Full breath-work practice - breathe light biochemistry, biomechanics and cadence and humming

YOUR JOURNEY

1

WEEKLY COURSE

FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

THE DAY OF THE CLASS

CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

THE CLASS IS ABOUT TO START

WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

WELCOME TO THE CLASS

GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

LOOK FORWARD TO YOUR NEXT CLASSES

TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.

YOUR COACH



Jess Parkinson

Biomechanics expert and personal trainer
Expertise: Yoga, Biomechanics, meditation

Jess is yoga teacher, intrinsic Biomechanics Coach™, Oxygen Advantage breath-work instructor and personal trainer. She teaches meditation, pranayama, yoga nidra, hatha, vinyasa and yin yoga.

She's a movement coach, helping people develop confidence in their bodies and she also specialises in and is passionate about functional breath-work for everyday well-being.

YOUR NOTES

WEEK 1

YOUR NOTES

WEEK 2

YOUR NOTES

WEEK 3

YOUR NOTES

WEEK 4

YOUR NOTES

WEEK 5

YOUR NOTES

WEEK 6

