

10-minute 'tension tamer' can help reduce stress and improve sleep

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A simple, 10-minute stress reduction technique could help to relieve stress, improve sleep quality, and decrease fatigue.

Researchers from Walter Reed National Military [Medical Center](#), Bethesda, Maryland, attempted to determine the effect of a brief, stress reduction technique, the 10-minute Tension Tamer, on improvement of stress levels and sleep parameters in 334 patients in a heart health program.

After a 30-minute introductory workshop, subjects were given instruction and guided opportunities to practice 10-minute Tension Tamers over the course of four 30-minute visits with a stress management specialist.

This brief technique, encouraged at [bedtime](#), involves deep breathing and imagery using the subject's personal preference.

Of the patients, 65% improved their perceived stress by 6.6 points; while those not improving showed worsened [stress levels](#) by 4.6 points. Improvers also reported better sleep quality, decreased sleep latency, and decreased fatigue.

This study was presented during CHEST 2012, the annual meeting of the [American College of Chest Physicians](#), held October 20 – 25, in Atlanta, Georgia.

Provided by American College of Chest Physicians

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