

## Is [X] a waste of time?

Post by “Cassius” of October 1, 2020 at 4:56 PM

[Quote from Godfrey](#)

harmonica as a form of breath work.

HA! That reminds me i have one of these aging uselessly in a corner!  
<https://en.wikipedia.org/wiki/Didgeridoo>

[Health benefits A 2005 study reported in the British Medical Journal found that learning and practising the didgeridoo helped reduce snoring and obstructive sleep apnea by strengthening muscles in the upper airway, thus reducing their tendency to collapse during sleep. In the study, intervention subjects were trained in and practiced didgeridoo playing, including circular breathing and other techniques. Control subjects were asked not to play the instrument. Subjects were surveyed before and after the study period to assess the effects of intervention.\[33\] A small 2010 study noted improvements in the asthma management of Aboriginal teens when incorporating didgeridoo playing.\[34\]](#)