WHAT IS CLAIMED IS:

1. A method to selectively provide an odor stimulation, the method comprising:

dispensing a dose of odor toward a user from a distance of 10 cm – 3 m from the user; and

controllably dissipating the odor in the vicinity of the dispensing at pre-defined period after the dispensing.

2. The method of claim 1, wherein the dispensing together with the controlled dissipating is configured to reduce snoring and/or an apnea event while the user is sleeping.

3. The method of claim 1 or claim 2, wherein the odor is controllably dissipated based on suspending the dose of odor on weighted granules configured to settle due to gravity at the pre-defined period, wherein at least one of size and weight of the weighted granules is selected to actuate the dissipating at the pre-defined period.

4. The method of claim 3, wherein the odor is a dry odor.

5. The method of any one of claims 1-4, wherein the odor is controllably dissipated based on dispensing a burst of clean air at the pre-defined time period.

6. The method of any one of claims 1-5, wherein the odor is dispensed in coordination with a respiratory event.

7. The method of claim 6, wherein the odor is dispensed in response to output from a sensor configured to detect the respiratory event.

8. The method of any one of claims 1-7, wherein the odor is dispensed at defined intervals.

9. The method of any one of claims 1-8, comprising selectively dispensing one of a plurality of odors.

10. The method of any one of claims 1-9, comprising tracking position of a user and directing the dispensing toward the position, wherein the tracking is automated.

11. The method of claim 10, wherein the tracking position is based sensing breathing with one or more of sound and heat.

12. A device to selectively provide an odor stimulation comprising:

at least one cartridge including an odor in dry format;

a valve configured to selectively release the odor out of the at least one cartridge;

a nozzle configured to dispense discrete doses of the odor from the at least one cartridge toward a user from a distance of 10 cm – 3 m from the user;

an actuator configured to actuate the dispensing through the nozzle;

a controller configured to control the actuator; and

a processor configured to provide input to the controller based on sensed breathing parameters.

13. The device of claim 12, wherein the controller is configured to actuate the dispensing based on output from a sensor sensing a breathing related parameter.

14. The device of any one of claims 12 and 13, wherein the processor is configured to identify occurrences of an abnormal breathing pattern and wherein the controller is configured to transmit a report of the abnormal breathing pattern.

15. The device of claim 14, the processor is configured to identify occurrences of tachypnea.

16. The device of claim 14 or claim 15, the processor is configured to identify breathing pattern associated with COVID-19.

17. The device of any one of claims 12-16 comprising:

an array of cartridges, each including an odor in dry format; and

an array of valves, each valve in the array is dedicated to controlling flow out of a cartridge in the array of cartridge, wherein the controller is configured to dynamically select an odor from the array of cartridges.

18. The device of any one of claims 12-17 comprising a clean air cartridge configured to dispense clean air, the clean air is configured to dissipate an odor that was previously dispensed.

19. The device of any one of claims 12-18, wherein the odor in the at least one cartridge is granules on which an odorant is suspended.

20. Odorant to manipulate respiration comprising granules including a dry odor suspended thereon, wherein the granules have a diameter of 2 mm - 8 mm and weigh 0.01 gm – 0.5 gm.