

My Sleep Experiments

My Stress Levels Two Thursdays Before The Change



The 4-7-8 Breathing Technique (Repeat 4 Times)

Inhale for 4 seconds	Hold for 7 seconds	Exhale for 8 seconds
Breathe in through the nose	Hold your breath	Exhale completely & slow through the mouth
Fill your lungs fully, but gently	Try to stay relaxed – don't tense up	Slightly purse your lips & make a whooshing sound

Activates the parasympathetic nervous system

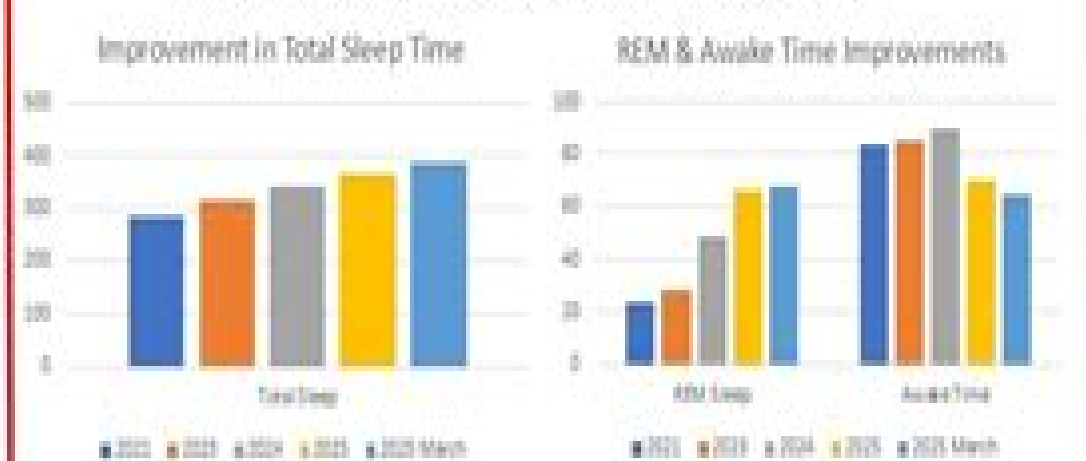
Lowers heart rate and blood pressure

Helps quiet the amygdala and reduces mental chatter

My Stress Levels Two Thursdays After The Change



Improvements in my Sleep Markers 2021-2025



*All number in minutes. Data from 2022 missing due to not using the Oura Ring for a year

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