

My Sleep Experiments

My Stress Levels Two Thursdays Before The Change



My Stress Levels Two Thursdays After 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

Improvements in my Sleep Markers 2021-2025

Improvement in Total Sleep Time



REM & Awake Time Improvements



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

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Marco Cascella



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