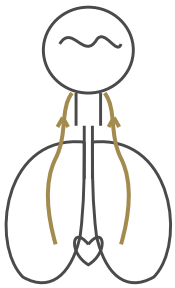
CELLULAR COHERENCE

# 7-Day Slow Breath Practice Log

Try one tiny practice. Write down what you notice.



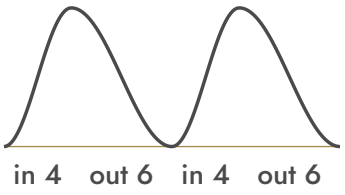
## What this is

A simple one-week experiment. Each day, slow your breathing for about two minutes, then jot down how you feel before and after. There is nothing to pass or fail: seven small notes about **your** body show more than any general claim. Page 4 lists what research does and does not support.

## The 2-minute practice

1. **Settle.** Sit or lie comfortably, shoulders soft, jaw loose. Eyes closed or resting on one spot.
2. **In for 4.** Breathe in gently through your nose to a count of 4. Let the belly and lower ribs widen.
3. **Out for 6.** Breathe out slowly to a count of 6, through your nose or softly through pursed lips.
4. **Repeat for 2 minutes.** About 12 breaths, roughly 6 a minute. Then breathe normally and notice how you feel.

**Your breathing pacer**




about 6 breaths a minute

## Safety first

**Safety note**

Stop and breathe normally if you feel dizzy, lightheaded or tingly. Keep it easy: never strain or hold your breath. If you have asthma, a heart or lung condition, are pregnant, or are unsure this suits you, ask a qualified health professional first. This log is **education, not medical advice**, and the practice is not a treatment for any condition.

## How to log

- ☐ Pick a regular time (after waking, a work break, before bed). The same time most days is easiest.
- ☐ Before: circle 1 to 5 for how your body and mood feel now (1 = tense or low, 5 = calm and settled).
- ☐ Practice two minutes. After: circle a second number and write one honest sentence. Missed a day? Leave it blank.

# Daily log

Days 1 to 4. Circle 1 to 5 before and after, then write one sentence.

**Day 1** Date _____ Time _____ Minutes _____

Before (1) (2) (3) (4) (5) **After** (1) (2) (3) (4) (5) 1 tense | 5 calm

What I noticed (one sentence):

_____

_____

**Day 2** Date _____ Time _____ Minutes _____

Before (1) (2) (3) (4) (5) **After** (1) (2) (3) (4) (5) 1 tense | 5 calm

What I noticed (one sentence):

_____

_____

**Day 3** Date _____ Time _____ Minutes _____

Before (1) (2) (3) (4) (5) **After** (1) (2) (3) (4) (5) 1 tense | 5 calm

What I noticed (one sentence):

_____

_____

**Day 4** Date _____ Time _____ Minutes _____

Before (1) (2) (3) (4) (5) **After** (1) (2) (3) (4) (5) 1 tense | 5 calm

What I noticed (one sentence):

_____

_____

# Daily log

Days 5 to 7, then a look back at the week.

## Day 5

Date _____ Time _____ Minutes _____

Before ① ② ③ ④ ⑤ **After** ① ② ③ ④ ⑤ 1 tense | 5 calm

What I noticed (one sentence):

## Day 6

Date _____ Time _____ Minutes _____

Before ① ② ③ ④ ⑤ **After** ① ② ③ ④ ⑤ 1 tense | 5 calm

What I noticed (one sentence):

## Day 7

Date _____ Time _____ Minutes _____

Before ① ② ③ ④ ⑤ **After** ① ② ③ ④ ⑤ 1 tense | 5 calm

What I noticed (one sentence):

## After seven days

My before numbers were mostly: _____ My after numbers were mostly: _____

Patterns I noticed (time of day, how rushed I felt, how long the calm lasted):

# Reflect, then check the evidence

Take ten minutes after day 7. Short answers are fine.

## Weekly reflection

**1.** Which day felt easiest, and what was different about it?

**2.** Did your before and after numbers change? Small, large or not at all?

**3.** What did you notice in your jaw, shoulders, belly or hands?

## Evidence at a glance

**ESTABLISHED** About 80% of the vagus nerve's fibers are sensory, carrying information up from the body to the brain. **[1]**

**ESTABLISHED** Heart rate rises on the inhale and falls on the exhale. In healthy adults, breathing slower than about 10 breaths a minute makes that swing larger. **[2][3]**

**EMERGING** In small studies, slow breathing goes with feeling calmer. In one 4-week trial (108 adults), 5 minutes a day of breathing practice improved mood; heart rate variability did not change. **[2][4]**

**SPECULATIVE** That slow breathing works mainly through the vagus' sensory fibers. This is still a hypothesis; the baroreflex is the better-supported idea. **[3]**

## Sources

[1] Prescott SL, Liberles SD. Internal senses of the vagus nerve. Neuron, 2022.

[2] Zaccaro A, et al. How breath-control can change your life: a systematic review on psycho-physiological correlates of slow breathing. Frontiers in Human Neuroscience, 2018.

[3] Lehrer PM, Gevirtz R. Heart rate variability biofeedback: how and why does it work? Frontiers in Psychology, 2014.

[4] Balban MY, et al. Brief structured respiration practices enhance mood and reduce physiological arousal. Cell Reports Medicine, 2023.