CELLULAR COHERENCE

7-Night Hum Before Bed Log



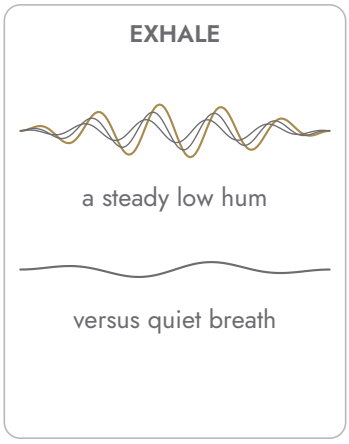
A gentle two-minute practice, and a place to notice what happens.

What this is

This is a seven-night experiment you run on yourself. Each evening you hum quietly for about two minutes, then write down how you felt and what you noticed. Humming has been shown to raise nasal nitric oxide in short lab measurements. Whether it helps anyone wind down or sleep has not been tested, so this log is a way to find out what it does for you, with no pressure to get a result.

The 2-minute practice

1. Sit or lie comfortably. Let your shoulders drop and your jaw soften. Lips closed, teeth slightly apart.
2. Breathe in slowly through your nose.
3. Breathe out as a low, easy hum. Keep the volume comfortable. You may feel a gentle buzz around your lips and nose.
4. Rest in silence for a breath or two, then repeat at your own pace for about two minutes.
5. Finish with three quiet breaths through your nose. Notice how you feel, then fill in your log.



Safety note
Stop if you feel lightheaded, dizzy or uncomfortable, and return to normal breathing. Skip this if it does not feel right for you. This is education, not medical advice. If you have a breathing, sinus or sleep concern, talk with a qualified health professional.

How to log

- ☐ Do the practice at the same time each evening, ideally 30 to 60 minutes before bed.
- ☐ Before you start, circle how you feel from 1 (tense, restless) to 5 (calm, settled). Circle again afterwards.
- ☐ In the morning or at lights-out, tick whether falling asleep felt easier, the same or harder. Not sure is a fine answer.
- ☐ Write one honest sentence. If nothing changed, write that. It is useful data too.

Your 7-night log

Nights 1 to 4

Night 1

Date _____ Minutes humming _____

Before (1 tense, 5 calm) 1 2 3 4 5

After (1 tense, 5 calm) 1 2 3 4 5

Falling asleep felt:
☐ easier ☐ the same
☐ harder ☐ not sure

One sentence about what I noticed:

_____

_____

Night 2

Date _____ Minutes humming _____

Before (1 tense, 5 calm) 1 2 3 4 5

After (1 tense, 5 calm) 1 2 3 4 5

Falling asleep felt:
☐ easier ☐ the same
☐ harder ☐ not sure

One sentence about what I noticed:

_____

_____

Night 3

Date _____ Minutes humming _____

Before (1 tense, 5 calm) 1 2 3 4 5

After (1 tense, 5 calm) 1 2 3 4 5

Falling asleep felt:
☐ easier ☐ the same
☐ harder ☐ not sure

One sentence about what I noticed:

_____

_____

Night 4

Date _____ Minutes humming _____

Before (1 tense, 5 calm) 1 2 3 4 5

After (1 tense, 5 calm) 1 2 3 4 5

Falling asleep felt:
☐ easier ☐ the same
☐ harder ☐ not sure

One sentence about what I noticed:

_____

_____

Your 7-night log

Nights 5 to 7, then a look back

Night 5

Date _____ Minutes humming _____

Before (1 tense, 5 calm) 1 2 3 4 5

After (1 tense, 5 calm) 1 2 3 4 5

Falling asleep felt:

☐ easier ☐ the same

☐ harder ☐ not sure

One sentence about what I noticed:

_____

_____

Night 6

Date _____ Minutes humming _____

Before (1 tense, 5 calm) 1 2 3 4 5

After (1 tense, 5 calm) 1 2 3 4 5

Falling asleep felt:

☐ easier ☐ the same

☐ harder ☐ not sure

One sentence about what I noticed:

_____

_____

Night 7

Date _____ Minutes humming _____

Before (1 tense, 5 calm) 1 2 3 4 5

After (1 tense, 5 calm) 1 2 3 4 5

Falling asleep felt:

☐ easier ☐ the same

☐ harder ☐ not sure

One sentence about what I noticed:

_____

_____

After seven nights

Did anything change between before and after, on most nights?

_____

_____

Did I notice anything about falling asleep? (Or nothing at all.)

_____

_____

Would I keep this in my evening routine? Yes / No / Maybe

_____

_____

Reflect, then check the evidence

Prompts for your notes, and what the research does and does not show.

Reflection prompts

When in the evening did I hum, and what was I doing before?

What did the hum feel like in my face, chest or throat?

What did I notice in my mind and body afterwards, and what would I change next time?

Evidence at a glance

ESTABLISHED	In 10 healthy adults, nasal nitric oxide in exhaled air measured about 15 times higher during humming than during quiet exhaling. Small study, short-term measurement. [1]
ESTABLISHED	A later comparison of two measuring methods, also in 10 adults, again found a rise with humming. The size depended on the method (about 4x and about 2x), so the exact number varies. [2]
EMERGING	Humming appears to speed gas exchange between the sinuses and the nose. The effect drops with repeated humming and recovers after a silent rest of about three minutes. [3,5]
EMERGING	A small 2023 pilot (23 adults, wearable ECG, no control group) found heart-rate-variability patterns during humming that differed from other daytime activities. It did not test sleep or health outcomes. [4]
SPECULATIVE	That humming before bed improves sleep, or that the nitric oxide rise brings a health benefit. The sources above did not test this. The 2002 authors suggested it should be investigated. [1]

Sources

[1] Weitzberg E, Lundberg JON. Humming greatly increases nasal nitric oxide. Am J Respir Crit Care Med. 2002;166(2):144-145. doi:10.1164/rccm.200202-138BC

[2] Documentation of the nasal nitric oxide response to humming: methods evaluation. Eur J Clin Invest. 2007;37(9):746-752.

[3] Assessment of nasal and sinus nitric oxide output using single-breath humming exhalations. Eur Respir J. 2003;22(2):323-329.

[4] Trivedi GY, Sharma K, Saboo B, et al. Humming (simple Bhramari pranayama) as a stress buster: a Holter-based study of heart rate variability. Cureus. 2023.

[5] Maniscalco M, Sofia M, Weitzberg E, Carratu L, Lundberg JON. Nasal nitric oxide measurements before and after repeated humming maneuvers. Eur J Clin Invest. 2003;33(12):1090-1094.