

The 5-Minute Cyclic Sighing Protocol

Practice this science-backed breathing exercise



Inhale deeply through your nose
(about 4–5 seconds)



Take a second, shorter inhale to
"top off" your lungs (1–2 seconds)



Exhale slowly and completely
through your mouth
(6–8 seconds)



Pause briefly before repeating
(1–2 seconds)



Repeat for 5 minutes. Breathe slowly and smoothly. If you feel dizzy, pause and resume gently. You can do this seated, lying down, or even in bed before sleep.



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