

CYCLIC SIGHING OS

Sourced from *Self-Care, Ch. 3*

CYCLIC SIGHING · 5 MINUTES

Stanford 2023 — Balban et al.

01 · SETTLE

Sit or lie comfortably. One hand on chest, one on belly.

Belly should rise more than chest.

02 · INHALE — through the nose

Slow breath in. Expand the lower ribs and belly.

Not the upper chest. Send the breath low.

03 · TOP OFF — second small sip

At the top of the inhale, take a second short sip through the nose.

This is the signature move. Reinflates the alveoli.

04 · EXHALE — long, through the mouth

Twice as long as the inhale. Let it pour out.

The longer the exhale, the more parasympathetic.

05 · REPEAT FOR 5 MINUTES — THEN SETTLE

No counting. Follow the rhythm. Sit quietly for one minute after.

Daily practice is where the 28-day shift comes from.

THE HUMAN FREQUENCY · FIND COMMON GROUND

PRINT INSTRUCTIONS

Fold this card in half along the horizontal center for a wallet-sized version, or print on cardstock and laminate for the fridge or office wall.

READ THE FULL PAGE

thehumanfrequency.net/human-os/cyclic-sighing
For the mechanism, the protocol, and citations.