

# DIVING REFLEX PROTOCOL

Sourced from *Self-Care, Ch. 3*

## DIVING REFLEX · 30 SECONDS

Ackermann et al. 2023 meta-analysis

### 01 · COLD WATER

**Bowl of cold tap water. 10 to 15°C.**

*Cold-shocking on the wrist. Add ice if your tap is warm.*

### 02 · ONE BREATH IN

**Comfortably full. Through the nose.**

*Not a max breath — a baseline.*

### 03 · SUBMERGE 15-30 SECONDS

**Forehead, eyes, cheekbones touching the water.**

*The trigeminal triangle. Where the receptors are.*

### 04 · COME UP SLOW

**Don't gasp. Breathe normally.**

*The shift is already happening. Don't overshoot.*

### 05 · SIT 60 SECONDS

**Stay still. Use the window — calm lasts 1 to 3 minutes.**

*Repeat once if needed. Not more than twice per hour.*

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/diving-reflex](https://thehumanfrequency.net/human-os/diving-reflex)  
For the mechanism, the protocol, and citations.