

My Sleep Experiments

My Stress Levels Two Thursdays Before The Change



My Stress Levels Two Thursdays After The Change



The 4-7-8 Breathing Technique (Repeat 4 Times)

| Inhale for 4 seconds | Hold for 7 seconds | Exhale for 8 seconds |
|-----------------------------------|--------------------------------------|---|
| Breathe in through the nose | Hold your breath | Exhale completely & slow through the mouth |
| Fill your lungs fully, but gently | Try to stay relaxed – don't tense up | Slightly purse your lips & make a whooshing sound |

Activates the parasympathetic nervous system

Lowers heart rate and blood pressure

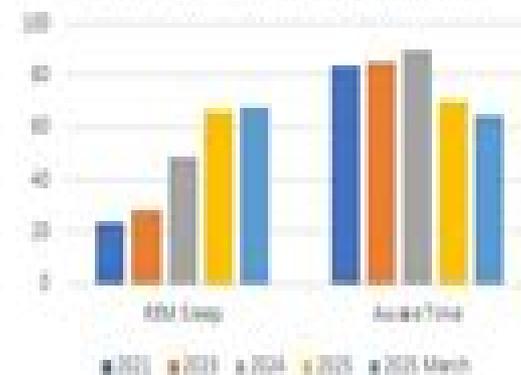
Helps quiet the amygdala and reduces mental chatter

Improvements in my Sleep Markers 2021-2025

Improvement in Total Sleep Time



REM & Awake Time Improvements



*All number in minutes. Data from 2022 missing due to not using the Curo Ring for a year

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Rachel Sandford



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