

Your 7-day plan to raise your number

You've measured your breathing number. Now we move it. Seven small steps, one a day, each taking a few minutes. No equipment, nothing forceful. Most people notice the change first in their sleep.

Elvira Wright · Pharmacist for 30 years

Before you start

Measure your number tomorrow morning, before coffee, sitting up in bed. Write it in the table on the last page. You'll measure again on day 7, at the same time, the same way. Compare mornings to mornings: your number moves during the day, and that's normal.

The one rule for every exercise: it should feel comfortable. A slight wish for more air is good. Struggling, gasping or feeling dizzy is not. If that happens, stop and breathe normally. Gentle and often beats hard and rarely.

1

MOUTH

Close the door you leave open

Today, notice every time your mouth is open while you're not talking or eating: at the computer, in the car, watching TV. Close it and breathe through your nose.

Do: put a small sticker on your phone. Every time you see it, check your mouth.

2

LESS

Breathe a little less, on purpose

Sit, relax your shoulders, one hand on your chest and one on your belly. Breathe through your nose and make each breath a little smaller and softer than you want to, until you feel a slight, comfortable wish for more air. Stay there.

Do: 3 minutes, twice today. Morning and evening.

3

SIGHS

Catch the sighs and yawns

Every big sigh and yawn is a small over-breath. When you feel one coming, swallow, and take one small breath through your nose instead. It feels strange for a day, then it becomes a habit.

Do: keep the day 2 practice, and count your sighs tonight. Most people are surprised.

4

WALK

Walk with your mouth closed

A 15-minute walk, breathing only through your nose. If you need to open your mouth, you're going too fast: slow down until the nose is enough. Over the weeks you'll be able to walk faster with the same calm breath.

Do: one walk today, mouth closed the whole time.

5

MEALS

Eat like you mean it

Chew each bite until it's almost liquid, and breathe through your nose while you eat. Digestion starts in the mouth and works best in a calm body. Many people feel less tired after meals within a few days.

Do: one meal today, slowly, mouth closed while chewing.

6

NIGHT

Tell your body the day is over

In bed, lights off, breathe in gently through the nose, then count slowly on the breath out only: one, two, three. Let the breath out be long and lazy. Keep counting, only on the out-breaths. Most people fall asleep before they get far.

Do: tonight and every night from now on, 5 minutes in the dark.

7

MEASURE

Take your number again

Same time as your first measurement, same way, sitting up before coffee. Write it down. Most people gain a few seconds in the first week. If yours didn't move yet, that's fine: keep going, the change often comes in the second and third week.

Do: measure, then reply to my email with your two numbers. I read every one.

Please read: this guide is education, not medical advice. Never stop or change a medicine without your doctor. If you are pregnant, or have heart problems, uncontrolled high blood pressure, epilepsy, panic disorder, diabetes or a serious lung condition, talk to your doctor before practising breath holds or reduced breathing.

Your tracker

Morning number, how you slept, and one word for how you feel.

Day	Morning number (seconds)	Sleep (1 to 5)	One word
1			
2			
3			
4			
5			
6			
7			

Want to do this with me, live?

A few times a year I run a **3-Day Breathe Less Challenge**: three evenings together on Zoom. We measure, we practise, we watch our numbers move, and you can ask me anything. Watch your email for the next round.

And if you're near Naples, Florida, come to one of my breathing workshops for couples and families: start.realelvirawright.com

With love, Elvira