



STUDY

Morning jump or afternoon slump	3 to 5+ breaths
Stressful day at work or school	3 to 5+ breaths



POLLUTION

Stale indoor or polluted air	10 to 50+ breaths
Daily commute in a crowded city	3 to 5+ breaths



TRAVEL

Long road trip	50+ breaths as you journey
Short flight	5+ breaths when you land
Long or international flight	50+ breaths when you land



ELEVATION

Visiting relatives at 3,000+ ft	50+ breaths daily, as needed
Hiking or biking at 3,000+ ft	100+ breaths daily, as needed
Hiking Machu Picchu or Pike's Peak	5+ breaths every 20 mins



SPORT

Weight and cardio training	10+ breaths beforehand
Intense and high-impact workouts	10+ breaths afterwards



PARTY

A late night on the town	20+ breaths until shut-eye
The morning after a big night out	50 to 100+ breaths in the A.M.



HOME

Blind dates and big news	3 to 5+ breaths
Mental cob webs or energy lull	3 to 5+ breaths