

# 14-Day Breathing Experiment

Track your response to bhramari (humming) breath practice

LUMIENTA

[youtube.com/@lumienta-1](https://youtube.com/@lumienta-1)

## HOW TO USE THIS TRACKER

- Week 1 (Days 1-7): Baseline. Change nothing. Track your morning blood pressure, energy, and afternoon fog.
- Week 2 (Days 8-14): Practice. Add 5 minutes of humming in the morning and 5 minutes in the evening.
- Compare your weeks. Look for patterns in blood pressure, energy consistency, and brain fog frequency.

**THE TECHNIQUE:** Sit tall. Inhale through nose (4 count). Close lips, hum exhale (6 count).

Hum loud enough to feel vibration behind eyebrows and along cheekbones. Continue 5 minutes.

*If dizzy, pause and breathe normally. If congested, try saline rinse first.*

## WEEK 1

Day	Blood Pressure	Energy (1-10)	Brain Fog (Y/N)	Sleep (1-10)	Practice	Notes
1						
2						
3						
4						
5						
6						
7						

## WEEK 2

Day	Blood Pressure	Energy (1-10)	Brain Fog (Y/N)	Sleep (1-10)	Practice	Notes
8						
9						
10						
11						
12						
13						
14						

### Week 1 Averages

Avg BP: \_\_\_/\_\_\_ mmHg

Avg Energy: \_\_\_ /10

Brain Fog Days: \_\_\_ /7

Avg Sleep: \_\_\_ /10

### Week 2 Averages

Avg BP: \_\_\_/\_\_\_ mmHg

Avg Energy: \_\_\_ /10

Brain Fog Days: \_\_\_ /7

Avg Sleep: \_\_\_ /10