

Breath

by James Nestor

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Run a Nose-Only Check for 10 Minutes**

For one walk, one work block, or one easy stretch session, keep your mouth closed the whole time. Notice speed, tension, and whether your body immediately tries to cheat.

MON TUE WED THU FRI SAT SUN

⁰² **Lower Your Breath Volume**

Set a 2-minute timer and breathe so softly that the inhale barely brushes the nostrils. The goal is not deprivation. It is to practice quiet, economical airflow.

MON TUE WED THU FRI SAT SUN

⁰³ **Stretch the Exhale by a Few Beats**

Use a simple pattern like 4 seconds in, 6 seconds out, all through the nose. Do five rounds before a meeting, after a hard conversation, or before sleep.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Audit Your Sleep Posture**

Tonight, check whether you fall asleep with your mouth open, your chin lifted, or your neck compressed. The book's sleep argument starts with noticing the setup, not with gadgets.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Switch Chest Drama for Belly Movement**

Put one hand on the upper chest and one on the belly. Take ten slow breaths and let the lower hand move first. Less lift in the shoulders, more descent in the diaphragm.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Create a One-Breath Threshold**

Every time you open your laptop or touch a doorknob today, pause for one nasal inhale and one longer nasal exhale. Tie breath quality to transitions, not just emergencies.