



"The breath is right on the edge of conscious control. You can take over and control it, which affects your overall physiology and stress response." Dr David Spiegel, Stanford Medicine

**Made for you,  
Moments of Pause**

# The Restorative Afternoon

Your guide to one hour of structured rest. We've outlined a full 60 minutes, but the experience is made up of shorter elements that you can integrate into your day to day.

## A 2023 STANFORD STUDY FOUND:



Minutes of cyclic sighing improves mood and reduces respiratory rate more than five minutes of mindfulness meditation.



Increase in dopamine from a 10 to 20-minute Non-Sleep Deep Rest (NSDR) or yoga nidra session.

### BEFORE YOU BEGIN

- 1 Block the hour** in your calendar.
- 2 For the NSDR session:** Choose your guided audio. Search on YouTube or Spotify, for example: "Andrew Huberman NSDR 20 minute" or "yoga nidra 20 minutes."
- 3 For the Tea session:** Choose a herbal tea and, if desired, a novel or soundtrack. The book should be fiction or poetry. A soundtrack should be something meditative.
- 4 Have a notebook and pen** ready.
- 5 Find your spot.** Choose somewhere quiet. Lie down on a blanket or yoga mat.
- 6 Set your phone to Do Not Disturb.**

### EXTENDING THE MOMENT

Make a commitment to yourself to come back to this session as often as you can. Or opt for a shorter practice— even doing just three minutes of cyclic sighing when you wake up or at your desk during the day is helpful.

**00:00**

### Land in your body

**5 minutes**

Close your eyes and do a slow body scan. Notice: where is there tension? Linger at these spots, and as you find each one, exhale slowly and imagine the muscle softening.

**05:00**

### Cyclic sighing

**5 minutes**

- **Inhale through the nose**, fill about 75% of capacity.
- **Second short inhale** through the nose, top up the rest.
- **Long exhale** through the mouth, slow and complete.

Continue for five minutes (set the timer on your phone if you need to). If your mind wanders, just return to the next inhale. The exhale is doing the work: it activates the parasympathetic nervous system and brings your heart rate down.

**10:00**

### Non-Sleep Deep Rest

**20 minutes**

NSDR takes you into a deeply relaxed state. Press play on your chosen audio and you'll be guided through a body scan, breathwork, and visualisations. Your mind will wander and you may briefly fall asleep. That's fine; just keep following the voice. Don't try to achieve anything.

**30:00**

### Tea and no screens

**15 minutes**

Make a cup of herbal tea. Take it to a window or outside and sit for 10 to 15 minutes. Don't look at your phone or laptop. The point is to give yourself a different kind of rest than the NSDR gave you. Watch trees or clouds, read poetry, listen to meditative music.

**45:00**

### Journal three things

**15 minutes**

In your notebook answer these three prompts:

- **One thing** your body feels now.
- **One thing** on your mind that's quieter than it was.
- **One practice** from this session that you would like to integrate into a daily or weekly Moment of Pause.