

Unlock Sustainable High Performance with breathwork tailored for the workday.

HealthTechNode - Application



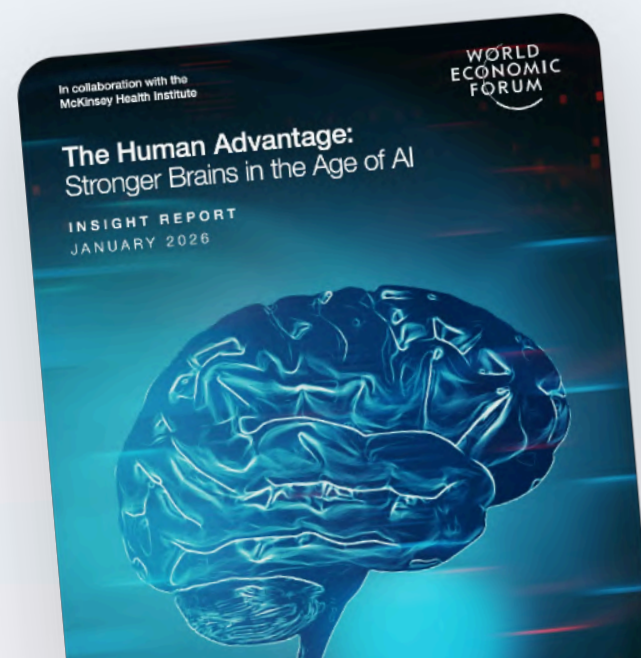
The world changed. Our nervous system didn't.

The WEF names the cognitive, emotional, and social capacities of workers “brain capital”, the primary asset class of the AI economy, and the bottleneck on firm-level productivity.*

But judgment, presence, and decision quality are not learned skills - **they are the outcomes of a regulated autonomic state.**

The typical working environment works against it:

- + **Digitalisation, globalisation & demanding teams,**
- + **Back-to-back high-stakes demands,**
- + **Technology and AI acceleration.**

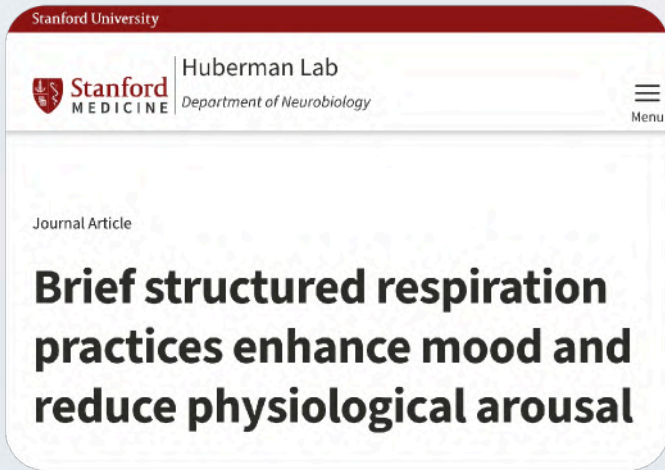


Confirmed by science, backed by top performers.

Breathwork is one of the most studied interventions in workplace performance research on 3 dimensions:

Cognitive

+10-20% relative change in reaction-time accuracy and error-rate measures in attention tasks.**



*Balban et al., 2023 · Stanford, Cell Reports Medicine

Physical

~25–30% reduction in resting respiratory rate; primary autonomic-arousal marker.*



*Jha et al., 2007; Ma et al., 2017

Emotional

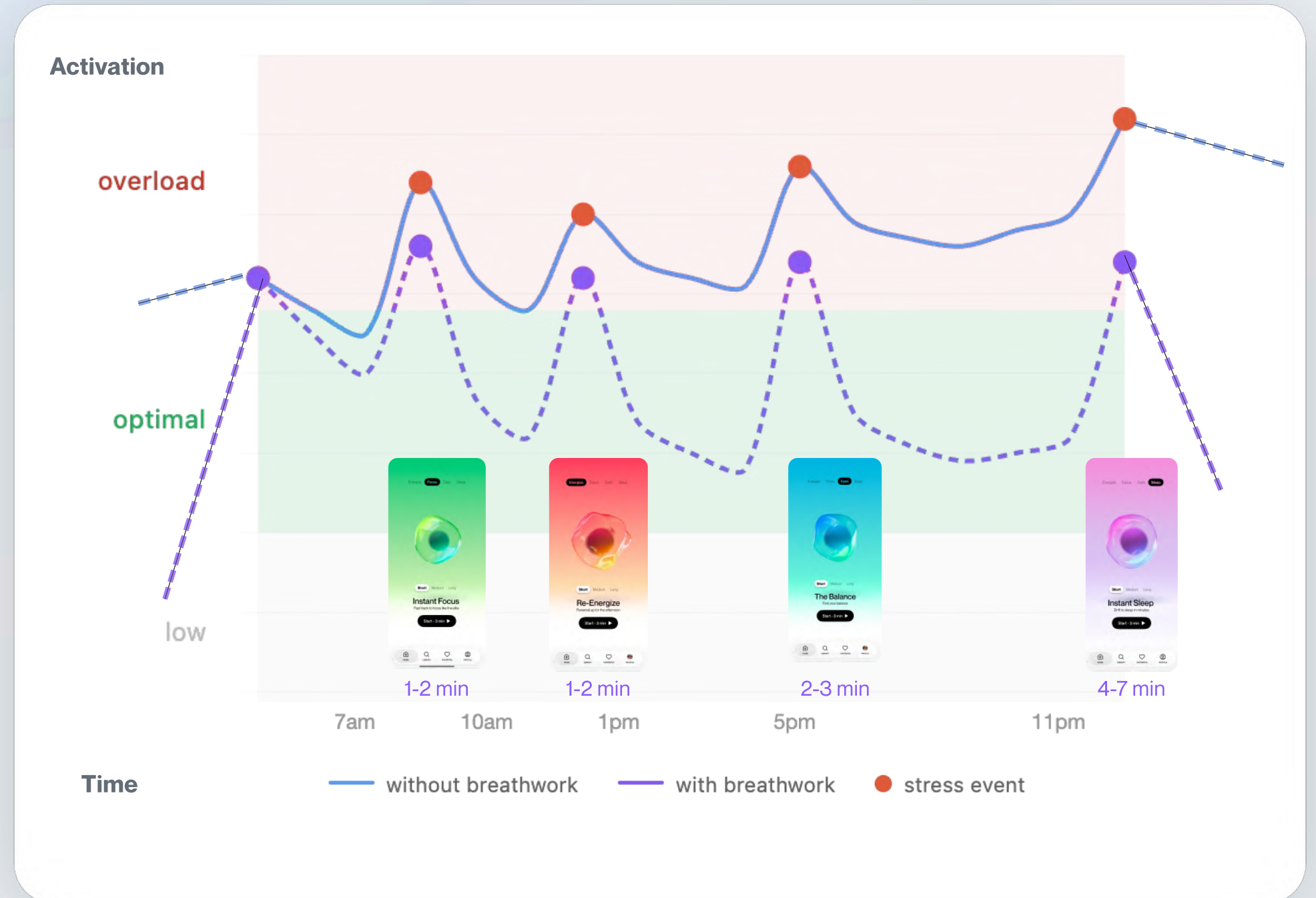
Consistent reductions in emotional exhaustion and fatigue.***



***Eberth & Sedlmeier, 2012

Nurture high performance by ~5 min a day breathing practices.

- + start of day protocols to optimise focus,
- + in-day interventions for state shifts and recovery,
- + end-of-day practices to unwind.



Not only the in-day performance can be optimised, but **long term resilience and performance capacity (HRV) is built.**

The world's first breathwork platform tailored to professionals, linked to wearables, with measurable impact.

Science-backed,
real impact

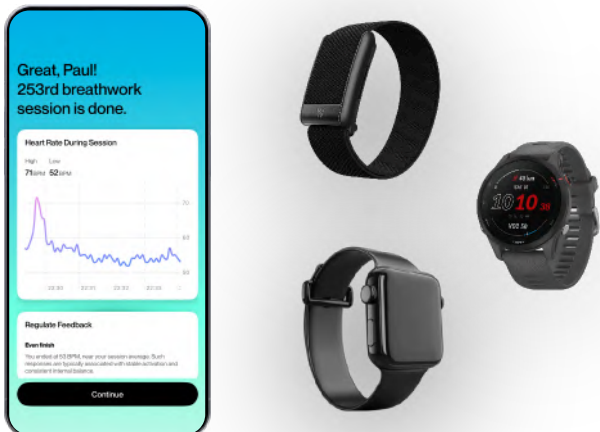


Developed by globally certified
breathwork coaches in partnership with
scientific advisor Prof. Dr. Hottenrott.

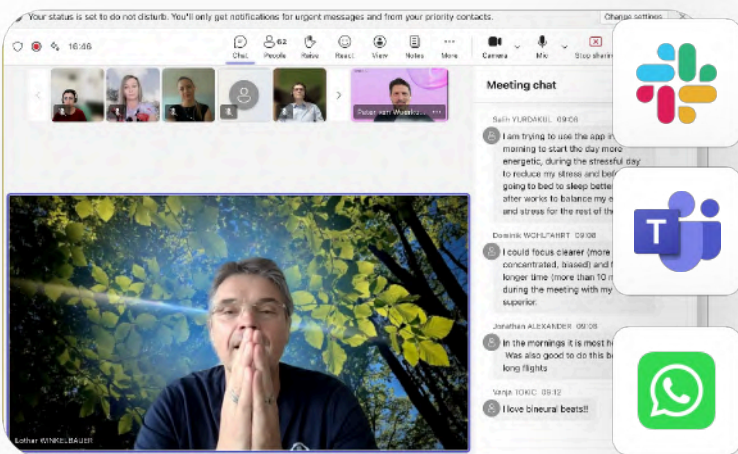
Breathwork Sessions of
avg 3-5 min to embed in
the workday



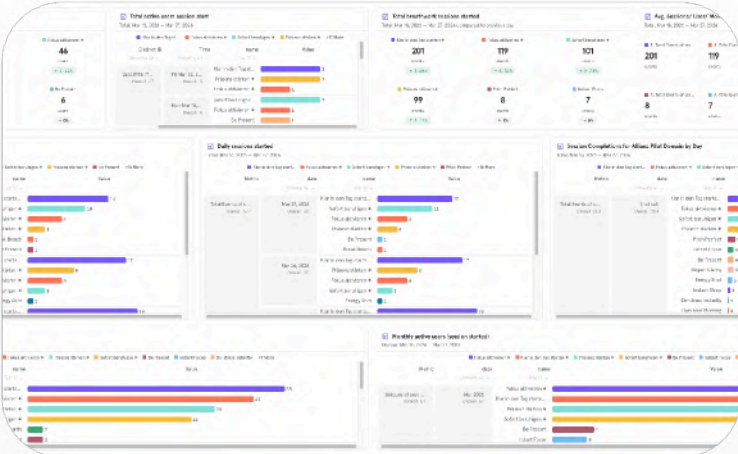
Biometrics monitoring and
feedback to track state shift
and trait change



Integrated into
communication platforms for
continuous nudging and Q&A



Data analysis to support
user advice and cohort
interventions



#1 Regulate Program outcomes in banking environment (6 months).

~50 Regulate in-company users doing 3-5 min of breathwork 2-3 times a week on average for a period of 6 months.

COGNITIVE

81%

of all participants reported material cognitive improvement, expressed in:

- + faster recovery from overload,
- + better meeting focus,
- + faster switching between situations.

PHYSICAL

71%

of all participants reported material improvement in their physical state, expressed in:

- + better recovery after stress,
- + real recharge during the day,
- + improved sleep quality.

EMOTIONAL

63%

of all participants reported material improvement in their emotional state, expressed in:

- + more calm in challenging conversations,
- + composed responses over reactive ones.

#2 Regulate Pilot Study outcomes in high pressure environment (2 weeks).

53 Regulate users in financial services provider performing daily 1-5 min breathwork during 10 working days.

FOCUS

+16%

Participants achieved 16% increase in focus on average.

81% of participants starting in a low focus state experienced instant effect of **+71%** of focus improvement.

The most-used exercise lasts just 60 seconds.

STRESS

-21%

Participants achieved 21% less stress on average.

85% of participants starting in a high-stress state experienced instant relief with **28%** stress reduction.

READINESS

+14%

Participants achieved 14% readiness improvement on average.

Participants that came from a low readiness state showed **59%** readiness improvement.

*3 survey questions (on focus, stress, readiness) were asked before and after each breathwork session (scale of 1-5). The difference of before and after is considered the state change. Average improvements are highly significant at $p < 0.001$ with medium effect sizes ($d = 0.55-0.67$).

#3 Regulate Controlled study of short breathwork in the working day (8 weeks).

30 Regulate users in Corporate Group Functions. Performing daily 1-5 min breathwork during working days.

FOCUS

+9%

immediate reported shift from breathwork session of 2-3 minutes.

+35% when started in a low focus state.

STRESS

-10%

immediate reported shift from breathwork session of 2-3 minutes.

-23% when started in a high stress state.

ENERGY

+11%

immediate reported shift from breathwork session of 2-3 minutes.

+35% when started in a low energy state.

OVERALL PERFORMANCE

+8%

Sustained effect over 8 weeks

RECOVERY AFTER STRESS

+9.5%

Sustained effect over 8 weeks

COMPOSURE UNDER PRESSURE

+8.5%

Sustained effect over 8 weeks

Certification and advisory

BREATHWORK COACHES

Peter van Woerkum and Elsa Unenge are certified breathwork coaches specialised in performance related breathing.

They work with CEOs, high performance teams and top athletes and are certificied by the world's leading institute on breathwork quality and ethics.



Global Professional
BREATHWORK
ALLIANCE

SCIENTIFIC ADVISOR

Prof. Dr. Kuno Hottenrott is a prominent German professor of training science and a leading expert in the application of Heart Rate Variability (HRV) in sports, training, and stress management.

He is the scientific advisor to Regulate on performance and HRV breathing.