

Top 10 Vagal Exercises

HUMMING TO A RANGE OF TONES

- Using a tone generator app on your phone
- Pick a range of tones between 128hz and 900hz and try to match the tone humming to each for 10 seconds
- Pick 7 tones each time working both up and down in scale

1

MUSIC IN THE LEFT EAR TO DRIVE RIGHT BRAIN

- When going for a walk use a set of headphones on the left ear only to drive the right brain
- You can listen to music of any kind
- Walking is best but seated at home is fine.

2

BREATH HOLDS WITH JUMPING JACKS

- Take a deep breath and hold
- With breath held, do 5 jumping jacks with a big exhale at the end
- Rest, then do 5 more.
- Perform 3 sets for a total of 15

3

AIR IN EAR USING INSULFLATION BULB

- With an insulflation bulb or snot sucker lightly blow air in your ear
- Perform on each side multiple times for about 10-15 puffs

4

Gargle 3-4 times a day for about 15-20 seconds each gargle

5

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PENCIL PUSHUPS

- With arm outstretched and pencil in hand, focus gaze clearly on the tip of the pencil or pen
- Slowly bring the object close to the bridge of your nose, making sure to keep it up at the level of the bridge of your nose
- Stop when the object becomes unclear and slowly return arm back to straight
- Repeat for 10 reps. Perform 3 sets

6

BREATH WORK

- Breath out twice as long as your breath in
- Start with 2 seconds in and 4 seconds out
- Work up to 3 in and 6 out.

7

WIM HOF BREATHING

- [Link for breathing technique](#)
- wimhofmethod.com/breathing-exercises

8

OCULOCARDIAC

- Using either a weighted eye mask or your fingertips
- Lay down and put slight pressure on your eyes
- If using your fingertips, then apply pressure for 20 seconds at a time and do this for 5 sets
- If using a weighted mask, wear for 30 mins or it is also great to fall asleep with

9

Electric toothbrush on the roof of your mouth for 30–45 seconds OR Pressure with your thumb on the roof of your mouth for 30 seconds

10