



## Results Summary

Snapshot of your nervous system at the time of the session.

NAME	DATE	AGE	GENDER	LOCATION	START TIME
Fabien Combe	23.03.2026	38	Male	Office, Sliema	10:00 AM

### BIOMETRIC MEASUREMENTS

 <b>CO<sub>2</sub> TOLERANCE</b> <b>52s</b> Above average Protocol: Signal   BOLT style Regulation	 <b>STROOP TEST</b> <b>980ms</b> High Control Accuracy: 99%   Interference: 120 ms	 <b>RECOVERY (OURA)</b> <b>62ms</b> Moderate 7-day avg HRV: 62 ms   Avg sleep: 7h 18m   Deep sleep: 1h 04m
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### SYSTEM PROFILE

**Regulation** Stable

Limited      Emerging      **Stable**      Strong      Highly Adaptive

Your CO<sub>2</sub> tolerance of 52 seconds reflects a solid regulated baseline. Your system shifts into calm on demand. The opportunity is sustaining it under prolonged cognitive load.

**Recovery** Moderate

Depleted      **Moderate**      Stable      Restored      Optimised

Based on your 7-day Oura ring data, recovery is functional but not yet fully restorative. Sleep duration appears adequate, but HRV and deep sleep show your system stays activated past optimal wind-down.

**Drive** Strong

Reduced      Variable      Stable      **Strong**      High Control

High cognitive engagement and sharp executive function. Response time and accuracy place you in the top tier. Protect this through better reset cycles.

**SPECIALIST NOTES**

Your nervous system shows a strong Drive profile and a solid regulation baseline, typical of high-performing individuals who have developed good cognitive habits. The main opportunity is recovery depth. Your system stays active at a high level but does not fully downshift at night, limiting the restorative quality of your sleep. The adjustments below are specific, low-friction, and targeted at improving your recovery signal without compromising your cognitive output.



## Your Personalised Plan

Practical actions specific to your session data. Flexible, adjust with sleep, stress, and workload.

### REGULATION

#### KEY EXERCISE

#### 4-8 Breathing

##### Targeted Down-Regulation

Inhale 4 sec through the nose.  
Exhale 8 sec through the mouth. 5 minutes mid-afternoon or immediately after intense cognitive blocks. This directly targets your window of highest activation.

#### SUPPORTING PRACTICES

**Cold shower finish (morning):** 30 to 60 sec cold at the end of your shower. Activates the vagus nerve and primes regulation for the day. Do it after movement.

**Coherent Breathing:** 5 sec in, 5 sec out. 5 min before your first work block to set a calm baseline.

### RECOVERY

#### KEY EXERCISE

#### Evening Protocol

##### Night Recovery Stack

Your Oura data shows a recovery deficit driven by insufficient downshift before sleep. The goal is to lower system activation 90 min before bed so recovery starts before you close your eyes.

#### SUPPORTING PRACTICES

**Red light only after 9:00 PM:** switch to red-spectrum lighting or dim warm bulbs. Blue light suppresses melatonin and keeps your system active. This single change often improves HRV within a week.

**Screens off 45 min before sleep.** Replace with reading, light stretching, or Yoga Nidra (10 min, 2 to 3 times per week).

### DRIVE

#### KEY EXERCISE

#### Work Architecture

##### Structured Focus and Reset

Your cognitive profile is strong. The risk is over-relying on it without adequate resets, which accelerates depletion. Structure your output to sustain it rather than spending it.

#### SUPPORTING PRACTICES

**Work in 90-min blocks** with a hard stop. 5-min physiological reset between each block: stand, look far, 2 slow breaths.

**Schedule highest-demand tasks in the morning** when your regulation baseline is strongest. Track which time slot feels sharpest over the next week, your peak window will become obvious.

## YOUR 21-DAY CHALLENGE STACK

#### 7-Day Challenge

#### Daily Down-Regulation

5 minutes of 4-8 breathing every day, in the afternoon or after a demanding moment. Focus on the slow, long exhale. Practise until it becomes automatic.

#### 10-Day Challenge

#### Red Light After 9 PM

Switch to red-spectrum lighting after 9:00 PM every evening. No blue light from screens or overhead lights. Notice the difference in how quickly you fall asleep and how you feel the next morning.

#### 3-Week Challenge

#### Screens Off at 9:30 PM

Hard stop every night, no phone, no laptop after 9:30 PM. Shift to reading, light movement, or stillness. Aim for consistency, not perfection. Occasional exceptions are fine.



## Your Tailored Daily Routine

A recommended daily structure based on your calibration. Consistency matters more than perfection.

6:30 AM	Wake Up	No phone for the first 30 minutes
6:45 AM	Movement + Sun	15 min walk outside, natural light exposure
7:15 AM	Cold Shower Finish	30-60 sec cold finish, vagus nerve activation
7:30 AM	Coherent Breathing	5 min, 5 sec in, 5 sec out
7:50 AM	Mindful Breakfast	Seated, no phone, no screen
9:00 AM	Deep Work Block 1	90 min, highest cognitive tasks, no interruptions
10:30 AM	Reset Break	5 min, stand, move, physiological sigh
12:30 PM	Mindful Lunch	Away from desk, no phone
2:00 PM	Deep Work Block 2	90 min, structured tasks
9:00 PM	Red Light + Wind Down	Red-spectrum light only, screens off by 9:30 PM

Move Reset Focus Connect General

### 80 / 20 Rule

Maintaining 80% of these recommendations consistently will deliver 95% of the benefits. You do not need to be perfect. Consistency over time is what changes your nervous system. Aiming for perfection adds cognitive load and creates pressure that works against your progress.