

CO2 Table Guide



Get the Full Episode Summary: A quick and easy-to-read recap of everything covered in today's episode to save time and make taking action simple.




Dive Deeper with Exclusive Details: Access additional insights, tips, or resources I couldn't cover in the video to help you take the next step.



Easy Examples to Implement Today: Get simple, actionable ways to put what you learned into practice, starting right now.

Dive in to get the guidance you need for waking up refreshed!

Disclaimer:

 **Disclaimer:** The content in this guide is for **informational and educational purposes only**. No matter how it is worded, phrased, or presented, **nothing in this guide constitutes medical advice**. It is 100% opinion and should not be interpreted as such. **This guide does not diagnose, treat, cure, or prevent any disease or condition**, and any language suggesting improvement, benefits, or results is **purely for educational discussion**. It should not be considered a promise, guarantee, or medical claim.

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- You are **solely responsible for your health decisions**.
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Start Sleeping Deeper, Quieter, and More Naturally—Without the Hassle

A lot of people ask us how they can get access to the **Sleep Apnea Reset Protocol**—a step-by-step system that helps you take a more natural, proactive approach to improving your sleep.

To make it simple, we've dropped the link here for easy access.

If your goal is to reduce snoring, rely less on machines, and feel more refreshed in the morning, the Sleep Apnea Reset Protocol can guide you in building a personalized game plan based on proven techniques and simple daily habits.

Inside, you'll discover how to:

- Train your airway muscles for better nighttime support
- Reset your breathing patterns for deeper rest
- And take back control of your sleep routine—at your own pace

It's not a replacement for medical care, but it *is* a powerful resource for those looking to support their sleep naturally and feel more energized day by day.

[Click here to learn more and get the Sleep Apnea Reset Protocol.](#)

Or, go to OCHNOW.com/reset-protocol

Ready to upgrade? Go to OCHNOW.com/reset-protocol

Take the Next Step with Us

Looking for a more natural way to support your sleep and boost your daily energy?

We'd love to help. When you work with us, you'll get a personalized plan tailored to your unique goals—focused on practical tools, breathing techniques, and lifestyle habits that can make a real difference.

Click below to learn how we can support your journey toward better rest and overall well-being—safely, naturally, and at your own pace.

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The CO₂ Breathing Breakthrough Guide

Reset Your Breathing Thermostat to Improve Sleep Apnea Naturally

Why CO₂ Tolerance Matters

Many people with sleep apnea unknowingly **hyperventilate**—breathing too fast and shallowly, especially during sleep. This fast breathing:

- Lowers carbon dioxide (CO₂) levels
- Triggers unstable breathing patterns
- Leads to airway collapse at night

👉 The solution? **Increase your CO₂ tolerance** so your body learns to breathe more slowly and steadily—even when you're asleep.

This guide shows you how using **CO₂ tables**, a method adapted from freediving but designed for sleep health.

The Core Idea: Reset Your Breathing Thermostat

Think of your CO₂ tolerance like a **thermostat for breathing**:

- Low CO₂ tolerance = hypersensitive thermostat = fast breathing = airway collapse
- High CO₂ tolerance = steady thermostat = slow, calm breathing = open airway

To improve this, we use **CO₂ Tables**—structured breath holds that gently increase your CO₂ levels and retrain your brain's breathing response.

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Step 1: Find Your Relaxed Pause Time

This is NOT a maximum breath hold. It's how long you can comfortably hold your breath after a **normal exhale**, without pushing yourself.

Instructions:

1. Take a normal inhale, then a normal exhale.
2. Hold your breath **after the exhale**.
3. When you feel the **first natural urge to breathe**, stop. Don't strain.
4. Time this — that's your **Relaxed Pause**.

 Most people start between **10–20 seconds**.

Step 2: Build a CO₂ Table

We now train your body to tolerate more CO₂ by doing multiple breath holds, surrounded by timed breathing breaks. There are 2 types of tables.

TYPE A – Fixed Breath Hold, Decreasing Rest

Keep your breath hold constant, but decrease the rest between each hold.

Example (20-sec Relaxed Pause):

Rou nd	Breath Hold (sec)	Rest Time (sec)
1	20	60
2	20	50
3	20	40
4	20	30
5	20	20

TYPE B – Increasing Breath Hold, Fixed Rest

Keep the rest the same, but gradually increase the breath hold over time.

Example (14-sec Relaxed Pause):

Rou nd	Breath Hold (sec)	Rest Time (sec)
1	10	20
2	12	20
3	14	20
4	16	20
5	18	20

Pro Tips

- Start with only **1 table per day**.
- Always stop if you feel dizzy or uncomfortable.
- Use this method consistently, and most people see improvements in energy and sleep within 1–2 weeks.

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