I chose to do the three breathing exercises a day right when I woke up before I got out of bed, one time during the day (usually when something stressful happened), and then as I was going to bed. I really enjoyed the ones I did right before I went to bed. Sometimes I struggle to fall asleep and this year I have tried to create a longer night routine to get my body to relax easier. Adding this to my routine was really helpful and not only relaxed my body but my mind since I was focusing on my breadth. I did forget to the one during the day, but I think it was most beneficial at the beginning and at the end of my day.