

Welltory Releases an Album of Science-Backed Breathing Exercises

NEW ALBUM

welltory all-in-one wellness app

Breathing Exercises

for Stress Relief and
Better Sleep

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Redwood City, California Apr 4, 2025 ([Issuewire.com](https://www.issuewire.com)) - Welltory, the leading app for heart rate variability analysis and wellness insights, [has launched a new album](#) featuring expert-approved breathing exercises. Designed to help users manage stress, improve sleep, and enhance heart health, these guided tracks make breathwork accessible anytime, anywhere.

“We breathe around 20,000 times a day, yet most of us do it inefficiently,” said Jane Smorodnikova, Welltory’s CEO and founder. “Shallow, rapid breathing keeps us in a low-grade state of stress, but just a few minutes of intentional breathwork can activate the body’s relaxation response. With this new album, we’re giving people an easy way to incorporate powerful breathing techniques into their daily lives.”

Research-backed techniques in the Welltory album include:

- **4-7-8 Breathing** to promote relaxation and better sleep by slowing heart rate and reducing cortisol levels.
- **Box Breathing**, used by Navy SEALs, to enhance focus and regulate stress.
- **Coherent Breathing** to optimize heart rate variability (HRV) and synchronize bodily functions.
- **Nadi Shodhana (Alternate Nostril Breathing)** to boost mental clarity and balance brain activity.
- **The Physiological Sigh**, proven by Stanford researchers to be one of the fastest ways to relieve stress.
- **The Long Exhale**, a simple yet effective method to activate the body’s relaxation response.

Studies show that regular practice can improve sleep quality, [enhance](#) resilience to stress, and even [support](#) heart health. The National Sleep Foundation [recommends](#) breathing exercises to combat insomnia, and research [suggests](#) they can aid in managing chronic conditions when combined with a healthy lifestyle.

The breathing exercises are now available on Spotify. By the end of April, all breathing exercises will be integrated into the app.

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