

Independent Study Title	Study of Brain Activity Analysis of Deep Breathing
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ABSTRACT

Study of Brain Activity Analysis of Deep Breathing was examined in sixteen healthy participants on stress level, and each type of brainwaves related to deep breathing. All brainwaves were recorded by electroencephalogram (EEG). Deep breathing rate was at six breaths per minute: four seconds for inhalation, two seconds for holding the air, and four seconds for exhalation, respectively. The study found that deep breathing induced relaxation and improved mental health as confirmed by Thai Stress Test. In addition, deep breathing affected to both Theta and Delta brainwaves during resting state as in eyes-closed trial. The deep breathing at trial 2 and 3, ranging approximately four to six minutes might be the most appropriate time for the participants to successfully accumulate alpha brainwave.

Keywords: Deep Breathing/Brain Activity/Relaxation