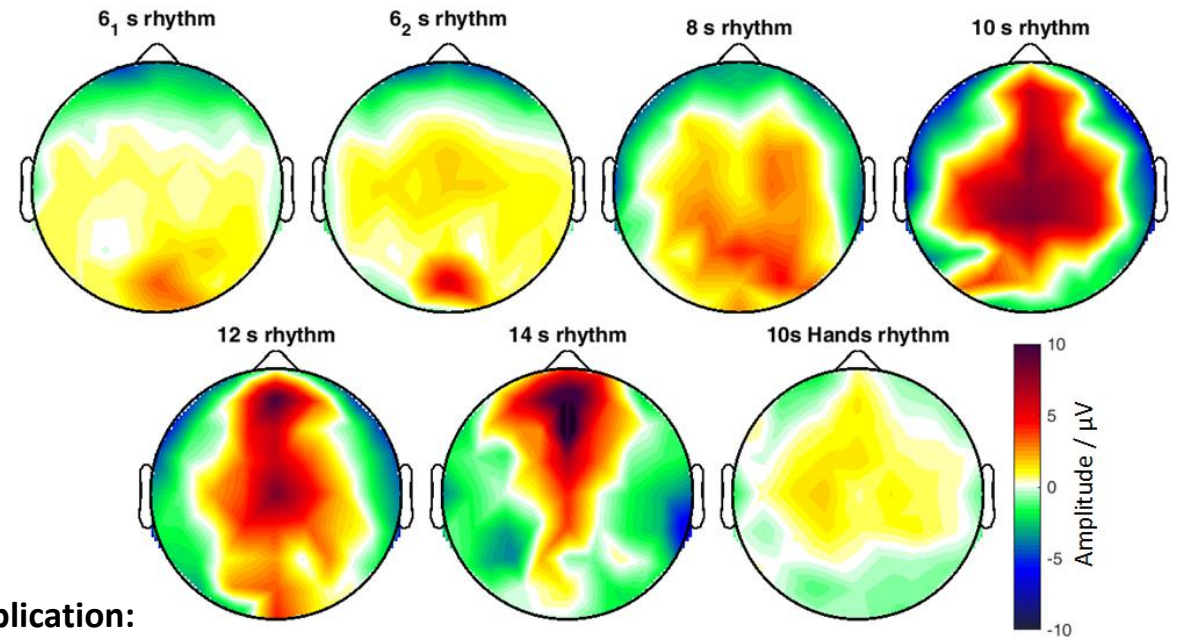
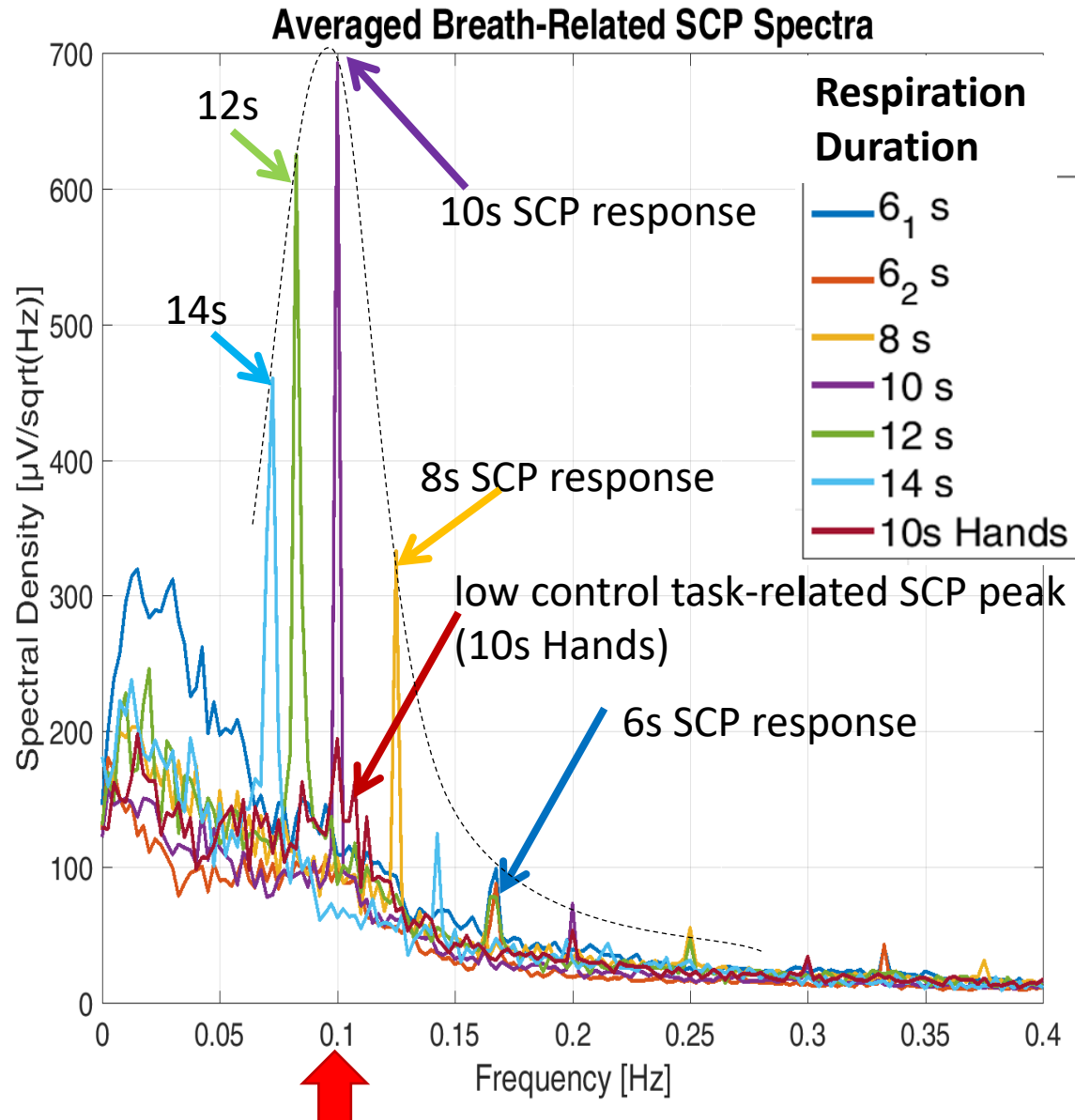


# Synchronizing Brain and Heart through Decelerated Respiration – an EEG-ECG Study Investigating the Effects of Paced Breathing (Project 93/16)

Research Section of Applied Consciousness Sciences,  
 Department of Psychosomatic Medicine, University  
 Clinic of Regensburg, Regensburg, Germany



**Publication:**

Hinterberger, T., Walter, N., Doliwa, C., Loew, T., (2019), "The brain's resonance of breathing – decelerated breathing synchronizes heart rate and slow cortical potentials", *Journal of Breath Research*. 13, 046003. <https://doi.org/10.1088/1752-7163/ab20b2>