



Sauna Protocols

General Physical Wellbeing Protocol

- Temperature: **176–212°F**
- Duration: **15–25 minutes**
- Frequency: **4–6 sessions per week**
- Hydration: Aggressive electrolyte and water intake before and after
- Cooldown: Optional cold rinse or ambient cooldown after session

Sources: Huberman Lab; Laukkanen et al., JAMA Internal Medicine, 2015

Growth Hormone Release Protocol

- Temperature: **185–212°F**
- Structure: **30-minute sessions with 5–10 minute breaks, repeated 2–4 times**
- Frequency: **Once every 10 days or less**
- Hydration: Mandatory
- Pre-session: Avoid heavy meals 2–3 hours before

Sources: Huberman Lab Newsletter; Related research links

Mental Health & Focus Protocol

- Temperature: **176–194°F**
- Duration: **15–20 minutes**
- Frequency: **3–5 times weekly**
- Optional: Contrast with cold exposure for endorphin release
- Timing: Morning or early afternoon recommended

Sources: Huberman Lab; Bryan Johnson Blueprint Blog; LinkedIn discussion

Disclaimer

This document is for informational purposes only and does not constitute medical advice. Please consult a physician before beginning any sauna protocol, especially if you have cardiovascular conditions, blood pressure issues, are pregnant, or have heat intolerance.