

## SAMPLE PROTOCOLS

Two sample protocols for different applications are summarised below. Protocols can be varied according to individual needs after consultation with an experienced IHT practitioner.

### ■ Athletes and Altitude Travellers

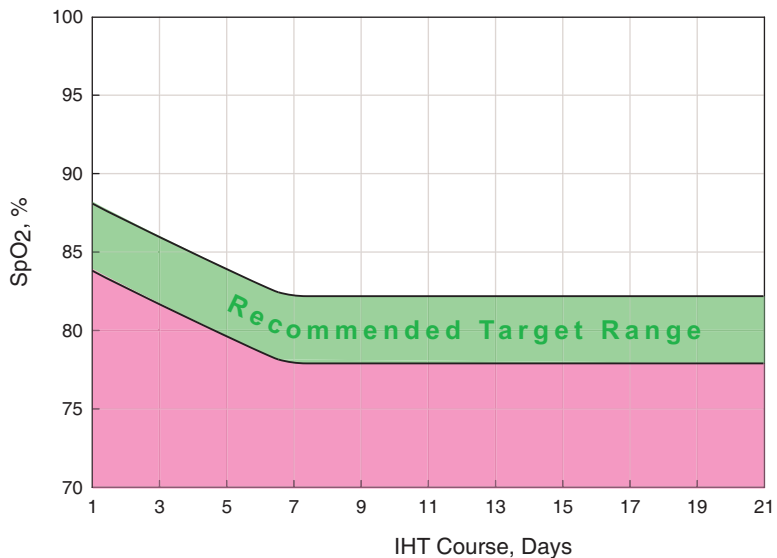
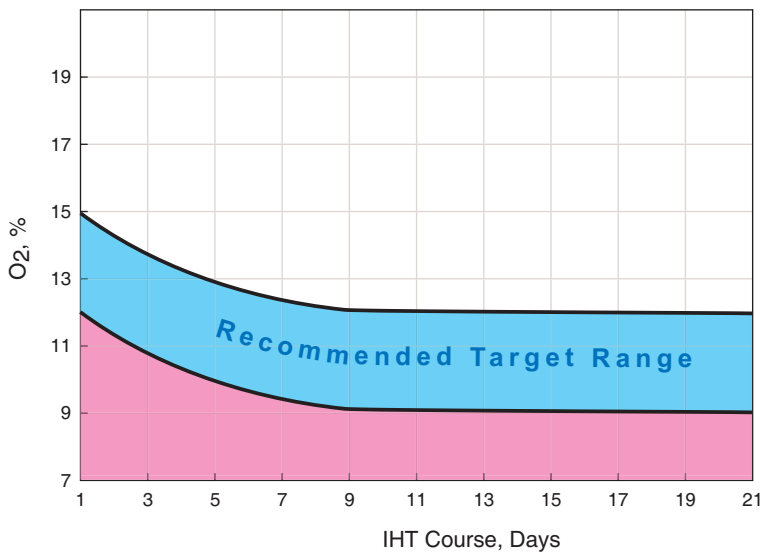
**NOTE:** When using both the Oxygen Analyser and Pulse oximeter, primary reference should be to the SpO<sub>2</sub> graph. The Target O<sub>2</sub> graph is of secondary importance in this situation.

Session	Duration (min)	Target O <sub>2</sub> %	Target SpO <sub>2</sub> (± 2%)
1	60-90	12-15	84-88
2	60-90	12-15	84-88
3	60-90	12-15	84-88
4	60-90	10-13	82-86
5	60-90	10-13	82-86
6	60-90	10-13	82-86
7 onwards	60-90	9-12	78-82

**NOTE:** 4-6 minutes of hypoxic air (Altipower breathing) is alternated with 3-5 minutes rest period (room air breathing)

Separate the AltiPower session from physical workouts.  
Allow 1 to 1.5 hours before and after IHT sessions

Sample IHT Protocol for Athletes & Altitude Travellers



## ■ Health and Wellbeing group

**NOTE:** When using both the Oxygen Analyser and Pulse oximeter, primary reference should be to the SpO<sub>2</sub> graph. The Target O<sub>2</sub> graph is of secondary importance in this situation.

Session	Duration (min)	Target O <sub>2</sub> %	Target SpO <sub>2</sub> (± 2%)
1	60	12-15	90-94
2	60	12-15	90-94
3	60	12-15	90-94
4	60	10-13	88-92
5	60	10-13	88-92
6	60	10-13	88-92
7	60	9-12	86-90
8	60	9-12	86-90
9	60	9-12	86-90
10	60	9-12	84-88
11	60	9-12	84-88
12	60	9-12	84-88
13	60	9-12	80-84
14	60	9-12	80-84

Only if tolerated. \*

\* Only go to these lower levels if there are no unpleasant sensations, such as headache, dizziness or nausea. Otherwise use targeted values of sessions 4-6

**NOTE:** 4-6 minutes of hypoxic air (AltiPower breathing) is alternated with 3-5 minutes rest period (room air breathing)

Sample IHT Protocol for Health and Wellbeing Group

