



# Sauna for longevity CHECKLIST

How to optimize your sauna routine for life extension benefits.

- NEVER combine sauna and alcohol (including if you are hungover).
- Drink plenty of electrolytes before and after sauna use.
- Don't sauna bathe if you have unstable angina pectoris, recent myocardial infarction, or severe aortic stenosis.
- NEVER sauna bathe alone.
- Limit the length of time you sauna bathe to 20 minutes a session or less.
- Don't sauna bathe if you are a man trying to conceive within the next six months.
- Don't sauna bathe if you are a pregnant woman with toxemia.
- Start slow and at a lower temperature (80°C (176°F)) and build up to higher temperatures and times
- Eventually aim for temperatures of between 70–100°C (158°F– 212°F)
- Aim for 1-3 bouts of sauna use per session, of about 5-15 minutes each with 10 minute breaks in-between
- Try to go daily: 4-7 times weekly showed the best results for lowering risk of death and cardiovascular disease
- Keep at it for at least 8-10 weeks

