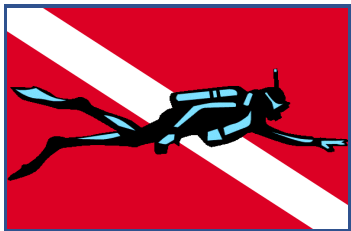


# Improving Air Consumption

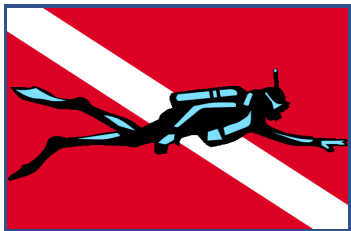


# One of Most Common Question's!

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- **New Divers (and Experienced Divers) frequently ask what they can do to improve their Air Consumption.**
- **Why?**
  - **Longer Dives.**
  - **Increased Bottom Time.**
  - **Greater Chance of seeing more Marine Life..**
  - **Become a more confident scuba diver.**
  - **Hate to be the One to Cut the Dive Short!!!!**



# Many Techniques to Improve

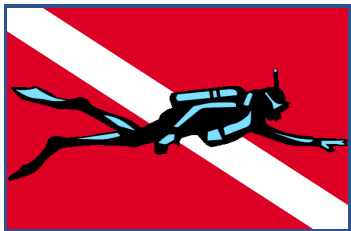
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- There are a number of techniques / options to help you improve how long you can stay underwater----
- One Possibility:

Not Necessarily so  
Extreme.

But You can Opt for 100's  
when others are using 80's  
or 120's when others are  
using 100's.

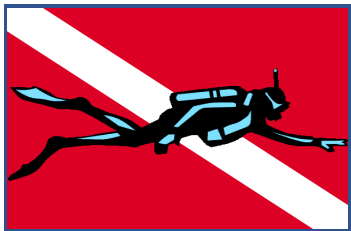


# Top Basic Techniques to Improve Air Consumption

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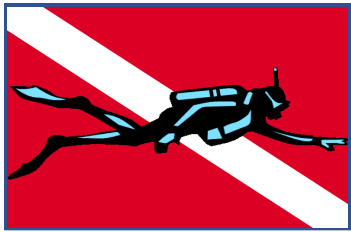
- **Breathe Slowly and Deeply.**
- **Swim Slowly.**
- **Buoyancy Control.**
- **Reduce Weight.**
- **RELAX and CHILL!**



# Ultimate Goal

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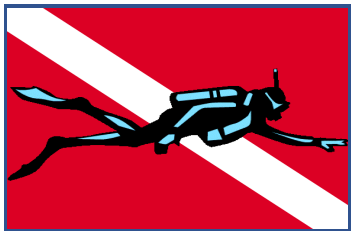


# Additional/Detailed Tips



- Inhale-Exhale Slowly (5/1 or 5/5? -- Or 4/6?\*\*) )
- Get/Stay in Shape.
- Controlled Descent
- Stay Warm
- Adjust Your Trim
- Arrive Early – Relaxed Setup.
- Reduce / Fix Small Leaks.
- Stay Shallow.
- Streamline Your Gear.
- Streamline Your Movements.
- Kick Properly- Efficiently
- Upgrade / Service Your Gear.
- Sleep More, Party Less
- Use Your Snorkel
- Dive Within Your Comfort Zone
- Dive – Dive - Dive

\*\* Sec's Inhaling / Sec's Exhaling – As Long as Comfortable – Shoot for Equal In and Out



# Discussion

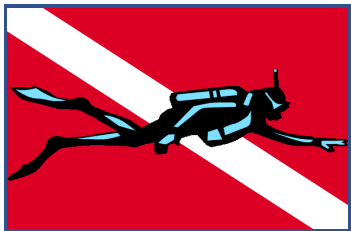
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## Most Important (My Opinion):

- **Breath Slowly and Deeply!!**

**But achieving that includes the other factors discussed:  
Buoyancy, Trim, Conditioning,  
Speed, Etc)**



# Sources



## Sources:

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3. Aussie Divers Phuket (<https://www.aussiediversphuket.com/how-to-improve-my-air-consumption-scuba-diving/>)
4. Abyss Scuba Diving; “The Secrets of Improved Air Consumption”, 12 Feb 2019.
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