READY TO RESPOND. TRAINED TO RECOVER.™

Interactive First Responder Training for Nervous System Regulation, Structural Alignment & Sleep Recovery

THE PURPOSE

Equip first responders with practical, repeatable skills to regulate their nervous systems, improve sleep readiness, and recover from the physical and emotional demands of emergency response—supporting long-term health, resilience, and readiness.

The Martone Protocol™ draws on more than 26 years of clinical experience, research, and practical application, combining nervous system regulation, structural alignment, and sleep recovery.

First responders are trained to activate under pressure, but rarely trained to transition out of high alert when an emergency ends. Dr. Peter Martone teaches practical strategies to support that transition.

Participants learn to recognize their physiological patterns, practice nervous system regulation, improve structural alignment, and create conditions that support restorative sleep between demanding shifts.

The goal is healthier, more resilient first responders with stronger recovery habits, improved sleep readiness, and the capacity to sustain well-being throughout their careers.

The Martone Protocol™ does not simply teach first responders to sleep more. It teaches them to prepare their bodies to settle, recover, and be ready to respond again.

01	02	03
TRACK & REWIRE™	**ALIGN & RETRAIN™**	**OPTIMIZE RECOVERY™**
Manage Your State	**Manage Your Structure**	**Manage Your Readiness**
Track → Control → Rewire	Assess → Align → Retrain	Recognize → Optimize → Perform

THE TRAINING EXPERIENCE

Three recovery skill sets. Practiced through guided training. Applied on duty, between shifts, and during sleep.

1. TRACK & REWIRE™ — Manage Your State

Track → Control → Rewire

- Recognize personal stress-response patterns and signs of prolonged physiological activation.
- Use heart-rate awareness with wearable technology to understand activation and recovery.
- Practice controlled breathing to influence heart rate and support a calmer state.
- Pair sensory input, including scent, with repeated regulation practice.
- Use the techniques after demanding calls, difficult shifts, and before rest.
- Reinforce effective strategies to develop a reliable recovery routine.

Training competency: Can I recognize when my nervous system remains activated after a stressful event has passed, and apply techniques to help my body let go of stress and transition into recovery?

2. ALIGN & RETRAIN™ — Manage Your Structure

Assess → Align → Retrain

- Evaluate postural patterns and understand how they reflect your body's relationship with gravity, influencing joint stress, movement, breathing, and nervous system state.
- Identify structural imbalances, including forward head posture, that can increase mechanical stress on joints and contribute to pain and injury.
- Understand how improving your body's relationship with gravity in two planes: horizontal (sleeping) and vertical (standing and moving), can support better joint biomechanics, physical function, and nervous system regulation.
- Horizontal Alignment: Learn corrective sleep positioning techniques that support spinal alignment, reduce unnecessary joint stress, and create a comfortable position that allows the nervous system to let go.
- Vertical Alignment: Assess balance, stability, and postural control to identify how your body adapts to gravity while upright.
- Practice progressive balance and structural retraining exercises to improve postural alignment, joint mechanics, stability, and coordination.

Training competency: Can I recognize how my postural patterns affect my neck, back, joints, and ability to recover physically and mentally, and apply corrective lifestyle habits in both horizontal and vertical planes to improve alignment, reduce stress, and support recovery?

3. OPTIMIZE RECOVERY™ — Manage Your Readiness

Turn the 5 Core Elements of Recovery™ into practical daily sleep and recovery habits.

MINDSET MASTERY	**Train Your Mind to Let Go** Learn to consciously direct your thoughts to trigger emotions that support a calmer nervous system state, allowing your body to let go of stress, shift out of high alert, and transition into recovery.
CIRCADIAN SYNCHRONIZATION	**Work With Your Biological Clock** Learn to synchronize your internal biological clock with the Earth's natural light-dark cycle to optimize recovery while you sleep, so you can stay ready to respond without burning out.
THERMAL BALANCE	**Prepare Your Body for Sleep** Recognize how movement, environment, hydration, and meal size/timing can influence energy, alertness, and perceived readiness.
NERVOUS SYSTEM REGULATION	**Shift From High Alert to Recovery** Learn to consciously shift your nervous system from high alert into a state that supports recovery and healing using controlled sensory and physical techniques.
STRUCTURAL ALIGNMENT	**Align Your Body for Recovery** Develop awareness of postural and structural patterns, understand how alignment influences movement and function, and apply corrective exercises to improve stability, balance, and physical performance.

Training competency: Can I apply the Five Core Elements of Recovery™ to support sleep readiness, restorative habits, and recovery between shifts?

THE OUTCOME

The goal isn't simply to help first responders sleep more or feel less stressed. It's to **equip them with practical tools to train their nervous systems to let go of stress once the emergency has passed**, rather than remaining in a prolonged state of high alert.

By improving their ability to regulate stress, restore structural alignment, and recover during sleep, **we aim to reduce the cumulative physical and mental toll of the job and support long-term health**, resilience, and readiness.

Because it's not just about handling the stress of the job. It's about training the body to recover from it before that stress takes a lasting toll on their health.

RECOGNIZE → APPLY → REASSESS → ADAPT
Their State. Their Structure. Their Readiness.

Designed to support first responder health and recovery goals:

- Sleep readiness & continuity
- Nervous system regulation & resilience
- Postural comfort & balance
- Recovery between calls and shifts

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