1. Dive Regularly: Want to make your tank last longer? Then **dive, dive, dive**. The more you dive, the more you become comfortable underwater, and this improves your air consumption.

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2. Relax: Fidgeting underwater will only make you use more air than needed. Let yourself float and **go with the flow**. Move your fins only when needed. Your air will last longer underwater by staying still.

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3. Pause: If you can't get yourself to relax underwater, look for a strategic spot where you can stop moving and **just take in the beauty of the marine habitat** surrounding you. As you get enticed by the splendor of the deep sea, you'll start feeling more relaxed, reducing your air consumption.

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4. Breathe Deeply: When you're diving, the worst thing you can do is take short, shallow breaths. Think yoga and **breathe slowly and deeply** on both the inhale and exhale. Practice at home to get used to this kind of deep breathing. Just remember what you learned during your Open Water Diver course: Breathe at all times and never hold your breath!

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5. Practice Neutral Buoyancy: Learning to be neutrally buoyant is a skill that takes a lot of practice, but the payoff is huge. In the ideal scenario, you can stay perfectly level throughout the dive. For example, at the safety stop with about 500 psi/50 bar in your tank (cylinder), you should be able to maintain the same depth for the entire three minutes. If you are struggling to stay at the desired depth because you're not properly weighted, you won't be conserving any air. Consider enrolling in the PADI Peak Performance Buoyancy Specialty course to perfect your technique. (More on this below.)

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6. Maintain Your Equipmentr: A simple way to improve air consumption is to **reduce leaks**. Check your o-rings, inflater hose, and connection points. Pack a save-a-dive kit in case you find anything faulty while you're out on a dive trip.

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7. Work on Your Trim: You can decrease resistance while swimming by making sure you **maintain a horizontal position**. This allows you to reduce air consumption. The more vertical you are, the more air you will inevitably consume. If you are having difficulty staying horizontal, adjust the position of your weights, tank and BCD.

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8. Use the Correct Amount of Weight: If you frequently find yourself in a vertical position, **check that you are not overweighted**, which results in your hips being drawn down. Try carrying out the predive buoyancy check you learned during your Open Water Diver course.

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9. Stay Shallow: If you're worried your dive will be short, try to **stay shallower**. You can always move up slightly in the water column to use less air. Just be sure to share your plans with your dive buddy and dive leader prior to the dive.

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10. Slow Down: This might seem like common sense, but, while diving, **take the time to slow down, relax and enjoy the experience**. In order to improve air consumption, avoid darting about.

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11. Streamline Your SetupDon't let any of your accessories dangle from your gear setup. This creates drag and will increase air consumption as you work harder to move through the water column.

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12. Stay Close to the Reef/Bottom When Diving Into a Current: If you are diving in a current, **position yourself as close to the reef or the bottom as possible** (without touching it). The current significantly decreases the closer you are to the reef. If you are out in the blue, the current will be stronger, and you'll use more air trying to maintain your position.

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13. Find Shelter: Use underwater features as 'shelter'. If you are expending energy swimming in a current, look for features on the reef that you can swim behind to take shelter. A coral bommie is ideal to position yourself next to, take a break, and watch the action pass by! For more tips on drift diving and air consumption, consider enrolling in the PADI Drift Diver Specialty course. (See below.)

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14. Go Stress-Free: Maintain buddy contact and awareness. Stress and swimming are two things that will definitely increase your air consumption. There is nothing more stressful than thinking you have lost your buddy and swimming around trying to relocate them!