Abstract: For an extension of number fields $L/K$, the relative regulator $\text{Reg}(L/K)$ is a natural generalization of the ordinary regulator $\text{Reg}(L)$; in particular, $\text{Reg}(L/Q)$ is simply $\text{Reg}(L)$. In their paper “Relative regulators of number fields,” Friedman and Skoruppa showed that, for fixed $K$, $\text{Reg}(L/K)$ grows exponentially in $[L : Q]$. We will see how their technique works, and how it can be generalized to provide bounds for other types of regulators.