

## Patient information

# Window Breathing Technique

Everybody feels out of breath from time to time, especially if they have exerted themselves (eg during exercise).

At times like these the increased pace of breathing and the increase in heart rate occurs because our body requires more oxygen to supply our vital organs. Breathlessness in this situation is expected and controllable and usually settles down quickly if we rest.

However, if you have a lung condition, or struggle with anxiety, then breathlessness can often seem to come on at the slightest exertion or for no apparent reason at all. This can lead to you feeling out of control, frightened and exhausted.

The window breathing technique is a useful technique to use to help get your breathing into a more rhythmical pattern.

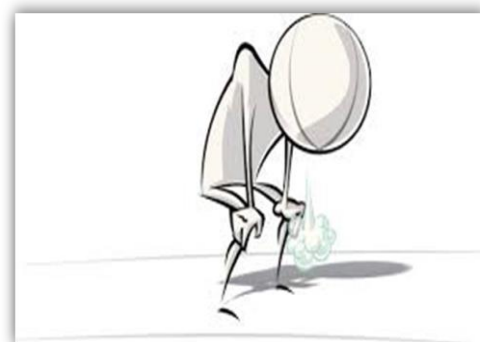
It is also very helpful as a distraction technique for when you have an episode of breathlessness or anxiety.

When you feel breathless or feel yourself begin to panic ensure that you get into a comfortable position prior to using this technique.

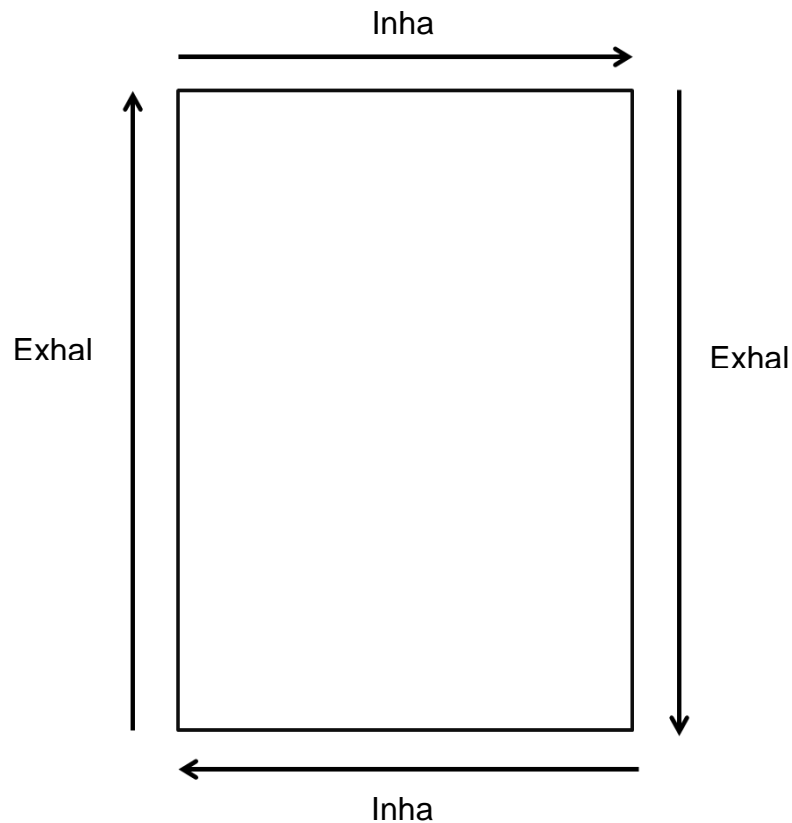
This technique can be done discretely by focusing on a window or any rectangle object.

It is important that your breath in (inhalation) is slightly shorter than your breath out (exhalation).

- Start by looking along the short edge, inhaling as you do so.
- When you reach the longest length exhale as your eyes follow the line down.



- Do this along the other sides, remembering to inhale on the short sides and exhale on the longer ones.
- Repeat until your breathing returns to normal and you feel calm and relaxed.



## Pursed lip breathing

This technique can be used alongside window breathing, it helps you to breathe in through your nose and out through 'pursed' lips. Many breathless people will adopt this method of breathing without even realising it. Breathing using this technique helps to keep your airways splinted open and therefore reduces 'air trapping'.

