

Deep Breathing Guide

From Marcotte PT

Deep Breathing Should:

- be in through the nose and out through the mouth
- exhale equal to or longer than inhale
- pause between breathing in and out



Examples:



- Inhale for a count of 4, hold for a count of 4, exhale for a count of 4
- Inhale for a count of 4, hold for a count of 7, exhale for a count of 8
- Inhale for as long as is comfortable, hold for as long as is comfortable, exhale for as long as comfortable

“Deep breaths are more efficient: they allow your body to fully exchange incoming oxygen with outgoing carbon dioxide. They have also been shown to slow the heartbeat, lower or stabilize blood pressure and lower stress.”

- UCHealth