

**Hyperventilation**

Hyperventilation is a common disorder that can present with a wide range of symptoms.

Look at the symptoms below and tick any that you suffer from. Add up your score.

|  | Never 0 | Rarely 1 | Sometimes 2 | Often 3 | Very often  4 |
| --- | --- | --- | --- | --- | --- |
| chest pain |  |  |  |  |  |
| Feeling tense |  |  |  |  |  |
| Blurred vision |  |  |  |  |  |
| Dizzy spells |  |  |  |  |  |
| Feeling confused |  |  |  |  |  |
| Faster or deeper breathing |  |  |  |  |  |
| Short of breath |  |  |  |  |  |
| Tight feeling in the chest |  |  |  |  |  |
| Bloated feeling in the stomach |  |  |  |  |  |
| Tingling fingers |  |  |  |  |  |
| Unable to breathe deeply |  |  |  |  |  |
| Stiff fingers or arms |  |  |  |  |  |
| Tight feeling around the mouth |  |  |  |  |  |
| Cold hands and feet |  |  |  |  |  |
| Feeling of anxiety |  |  |  |  |  |

Score\_\_\_\_\_\_\_\_\_\_

**Testing and measuring your breath hold time:**

You will need a few minutes of time and a watch or timer.

Get comfortable in a sitting position and breathe normally for half a minute or so.

When you are ready take a NORMAL breath in through your nose, then breathe out and then pinch your nose and time how many seconds it takes before you feel the need to take another breath. This is your breath hold time.

Score \_\_\_\_\_\_\_\_

These exercises should not be painful. If you are unsure of how to do them speak to your practitioner.

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