

Clearing your airways: Huff cough

Coughing is an important way to clear airways of phlegm and mucus. There are many conditions that can make it hard to cough and clear your airways. Learning this simple technique will help you cough gently without causing stress to your lungs.

- Sit comfortably and breathe out slowly and completely.
- Take a slow, deep breath in, using diaphragmatic-breathing (also called belly-breathing).
- Hold your breath from 1 to 3 seconds.
- Tighten your upper abdominal muscles and “huff” the air out quickly and forcefully.
 - As you huff, keep your mouth open and your chin slightly up.
 - It sometimes helps to say the word “huff” softly as you force the air out.
- Take 2 or 3 slow deep breaths in and out.
- Repeat steps 2 through 5.
- Do this 3 to 4 times.

If you start to feel like you’re going to have a coughing fit, slow your breath and practice a few rounds of pursed lip breathing.