

Pursed-lip breathing

Pursed-lip breathing is a good way to get more of the old air out of your lungs to make room for fresh, new air. It's an effective technique to use when you have trouble emptying your lungs. It also works well if you're short of breath or feeling breathless.

Pursed-lip breathing is easy to learn.

- Get into a comfortable position.
- Relax your upper chest, shoulders, arms, and hands.
- Breathe in deeply through your nose.
- Purse your lips as if you're going whistle.
- Let the air out slowly through your pursed lips without forcing it out.
- Breathe out about twice as slowly as you breathe in. For example, breathe in to the count of 2, breathe out to the count of 4 or more.
- Repeat for several breath cycles.

When you've mastered this technique, you can use it to help you breathe easier whenever you're doing other activities.