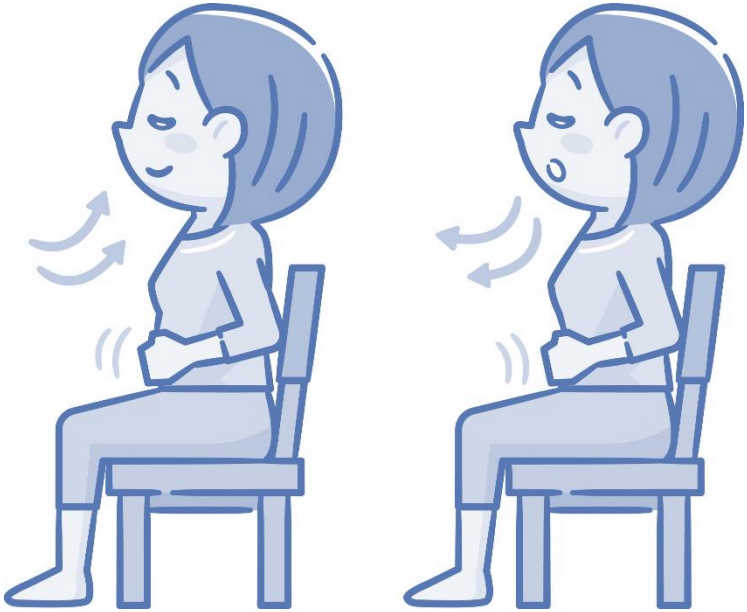
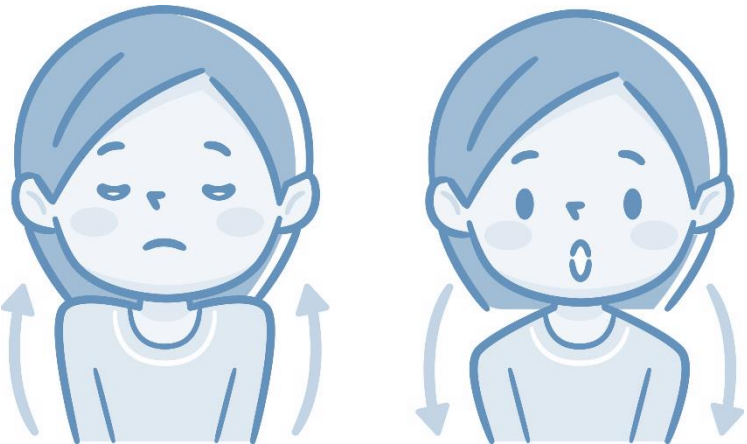


## WHAT ARE THESE BREATHING EXERCISES AND WHY DO THEM?

The Active Cycle of Breathing Technique (ACBT) is a set of breathing exercises designed to help clear sputum and control a steadier rate of breathing. It is important to remove sputum from the airways to help prevent infection and to improve the amount oxygen your lungs take in. Symptoms of COVID-19 include shortness of breath and a cough, the ACBT can help to manage these symptoms.

The ACBT can be carried out by both sitting down or lying down. It is not advised doing this while standing, due to a risk of dizziness.

## THE STAGES OF THE ACBT.

<p><b>1. Breathing Control</b></p> <p>To focus on breathing gently and with minimal effort. <b>This is the basis and is the start and end technique, between other techniques. Return to this after every other technique.</b></p> <ul style="list-style-type: none"><li>• Rest your hand on your upper abdomen, near your rib cage and feel the rise and fall of your hand, as you breathe in and out.</li><li>• Try to breathe in through your nose, and out through your mouth.</li><li>• Try listening to slow, relaxing music to calm your breathing, or, try to keep your environment as calm and as quiet as possible.</li></ul>	
<p><b>2. Deep Breathing</b></p> <p>To help loosen and move the sputum, deep breathes are required. <b>If you become dizzy, nauseas or uneasy, stop and return to stage 1.</b></p> <ul style="list-style-type: none"><li>• Take 3 deep breaths – in through the nose, out through the mouth.</li><li>• Keeping your body and shoulders relaxed, hold each breath for 2-3 seconds.</li><li>• If you feel able, try ‘sniffing’ in at the end of the last deep breath to slightly increase the air in your lungs. Do not do this if it hurts or causes dizziness/nausea.</li></ul>	

### 3. Huff

The huff is to forcefully move sputum towards the upper airway, so you are able cough and remove it much more easily. **There are two types of Huff.**

**To Huff correctly, imagine having a small pocket mirror in your hand, and trying to steam it up with your breath. Keep the mouth wide open throughout the entire Huff.**

#### **HUFF No. 1 – LONG HUFF (SPUTUM LOWER DOWN)**

- Take a normal breath in.
- Forcefully breath out / Huff, keeping it going until your lungs feel emptied.
- After 2 Huffs, return to stage 1.

#### **HUFF No. 2 – SHORT POWERFUL HUFF (SPUTUM UPPER AIRWAY)**

- Take a normal breath in.
- Forcefully breath out / Huff, as quickly and as powerfully as you can.
- After 2 Huffs, return to stage 1.

Listen to the sound of your breathing. If you hear 'crackles' in your breathing which feel they are deeper down in the lungs, use Huff No. 1.

If the crackles feel closer to the upper airway, where you feel they are close to coming out, use Huff No. 2.

Always remember, Huffing can cause discomfort if done too many times. Always stop entirely and return to stage 1, if you experience this discomfort.



# Breathing Exercises (Active Cycle of Breathing) for Managing chesty coughs and sputum)

## THE CYCLE

Using the ACBT should be done 2 or 3 times per day, depending on whether you experience any discomfort, dizziness, nausea or any other issues. During each session, you should repeat the cycle until you have experienced the following:

1. **Removal of sputum.**
2. **5 – 15 minutes of performing the cycle.**
3. **You experience any pain, discomfort, dizziness, nausea or other symptoms.**

