

How can I tell if I breathe too much?

Professor Buteyko developed this test to measure your depth of breathing and consequent levels of blood carbon dioxide.

It is called the **Control Pause**

- 1 Sitting down, close your mouth and breathe normally through the nose for 30 seconds or so.
- 2 Take a normal breath in through your nose.
- 3 Allow a normal breath out through your nose.
- 4 Gently close your nose with thumb and forefinger and start to count the seconds.
- 5 When you feel the first need to breathe release the nose and take a breath in through the nose. Keep the mouth closed at this point.

The number of seconds that has passed is your **Control Pause**

If you managed less than **10 seconds** you have health problems

If you can hold for less than **25 seconds** your health needs attention

30-40 is satisfactory

60+ seconds is excellent.