

Active Cycle of Breathing

Sit comfortably. It's very important to resist the urge to cough. This sequence of breathing is a great way to remove secretions without all the effort of coughing.

- 1 . To begin, relax with gentle breathing.
2. Now, take a series of 3-4 full breaths. Hold each breath for the count of 3 and breathe out gently.
3. Alternate cycles of relaxed breathing and 3-4 full breaths (Step 1 and 2).
4. When you feel or hear secretions at the back of your throat you are ready to huff.
5. To huff, inhale, hold for the count of 3, then exhale forcefully while keeping your mouth open, as if you were to make a mist on a window. Huff with enough force to move secretions but not to cause wheezing. (You can practice huffing by holding a Kleenex in front of your mouth. Drop your jaw and exhale air to move the Kleenex.)
6. Follow with relaxed breathing until you are ready to start the cycle again. Continue the cycles until you feel you have cleared all the secretions.