

Active Cycle of Breathing Technique

1. Start with normal breathing
 - Relaxed breathing - do 5 times
 2. Deep breathing
 - Breathe in through your nose - hold for 3 seconds and breathe out through your mouth
 3. Normal breathing
 - Relaxed breathing - do 5 times
 4. Huffing
 - Taking a big breath in through your nose and huff it out
 - Do 2-3 times, as needed
 - You may take regular breaths to recover between huffs
- Keep doing the cycle until you have done two cycles without clearing any secretion **OR** until you are tired
 - Use the cycle instead of coughing alone when you feel you have secretions to clear
 - If you have an infection you will need to do the cycle several times a day to clear the secretions
 - Three deep breaths every half hour is a good way to check for secretions and improve ventilation, especially during an infection