

Symptoms of Breathing
Pattern Disorders &
Dysfunctional Breathing

Symptoms

- Mouth breathing during the day and/or night)
- Faster breathing
- Movement in the upper chest
- Movement in the shoulders and accessory breathing muscles
- Heavy breathing and/or snoring at night
- Audible breathing during rest
- Effortful breathing and a feeling of breathlessness
- Irregular breathing pattern
- Regular sighing
- Regular yawning
- Regular sniffing
- Breath holding, particularly during desk work
- Noticeable breaths prior to talking
- Short exhalations and no pause after exhale
- Paradoxical breathing

Lifestyles, environments and genetic predispositions can contribute to poor breathing patterns & with this society's stresses people are 'over breathing' & breathing 'too much' but not knowing.

Conditions that can contribute or lead to Breathing Pattern Disorders & Dysfunctional Breathing

- Asthma
- COPD
- Long covid
- Pneumonia
- Cardiac issues
- Nasal issues/rhinitis
- Fibromyalgia
- Allergies & hayfever
- Excessive talking
- Lack of physical exercise
- Pain
- Anxiety/Anxious thoughts
- Depression/Depressive thoughts
- Low mood
- Worry & fear
- Stress
- Hormones
- Alcohol, caffeine & nicotine
- Women's health, including menopause and premenstrual syndrome (PMS)