Pursed Lip Breathing

Follow these steps:

1. Relax your neck and shoulder muscles.
2. Inhale – slowly breathe in through your nose, keeping your mouth closed. Take a normal breath – not a deep breath. It may help to count to 2.
3. Pucker or “purse” your lips as you would to whistle or to blow gently while cooling a hot drink.
4. Exhale – slowly breathe out with your lips pursed. Do not blow too hard or puff out your cheeks. It may help to count to 4 or higher.

Remember:

- Always exhale 2 to 3 times longer than you inhale.
- Exhale when you exert yourself, usually during the hard part of any activity such as lifting, bending, or climbing stairs. Never hold your breath.
- Practice this 4 to 5 times each day. Soon it will feel natural.

With pursed lip breathing, a slight resistance is formed at your mouth when you exhale. It helps keep your airways open longer and allows:

- more trapped air to go out of your lungs
- more fresh air to come into your lungs