

Take the Hyperventilation Test

There are many symptoms that seem totally unrelated to breathing too much. To find out if you chronically hyperventilate, take the following test. Rate yourself on a scale of 0 - 4

0 - never 1 - rare 2 - sometimes 3 - often 4 - very often

- allergies or hayfever
- bloated abdomen, flatulence or belching
- deep breathing, or holding your breath
- rapid breathing
- mouth breathing
- short of breath
- chest constriction
- upper chest breathing
- chest pains unrelated to heart
- cold hands or feet
- colds, flus or chest infection
- concentration is poor, forgetfulness, mental fatigue
- constipation or diarrhea
- coughing
- dental or gum problems
- depression
- inability to take a deep breath
- dry mouth
- grinding teeth while sleeping or exhausted upon waking
- headaches
- heartbeat: pounding, erratic or skipping
- high blood pressure
- irritability
- itchy or dry skin or lips
- lightheaded or dizzy
- loss of libido
- excessive mucous production
- muscle tension or cramping
- nose that blocks
- pain in bones
- physical exhaustion, lack of stamina or chronic fatigue
- sense of smell is reduced
- sighing habitually
- sinuses that block or drip constantly
- sleep: insomnia, sleep apnoea, snoring, waking frequently
- stiff arms or fingers
- sweaty palms or feet, frequently hot
- tension or apprehension without reason, claustrophobia
- throat clearing
- tingling or numb fingers, toes or face
- trembling or tics
- visual disturbances such as flashes, poor night vision
- yawning when not tired

Total:

Scoring:

- 0 - 30 You do not chronically hyperventilate. You are in the 10% of the population who has healthy breathing
- 31+ You chronically hyperventilate. Focus on keeping your mouth closed and you won't get worse. However..
If you marked 3 - 4 for more than 6 symptoms you probably already have a condition such as allergies, asthma, high blood pressure or sleep disturbances. Buteyko will be of benefit in reducing symptoms and medications.