Appendix 5 Daily record of breathing rate

Instructions: Your breathing rate should be monitored at the times shown below unless you are performing an activity that will make you breathe faster (e.g. climbing stairs). In those cases, record your breathing 10 minutes after you have stopped the activity. Try and be sitting or standing quietly when you count your breathing. Count your breathing for one minute, with each in-and-out breath counting as one breath. Do not try and slow your breathing at this stage as we are trying to measure your normal breathing rate. After you have taken your breathing rate, do the breathing exercise (see Appendix 6), and then monitor your breathing again. In this way, we can check whether your breathing rate changes following the exercise.

	8:00 a.m.		12 noon		6:00 p.m.		10:00 p.m.	
Date	Before	After	Before	After	Before	After	Before	After

from Andrews et al (1995)