

The Test for Hyperventilation Syndrome Jan 2015

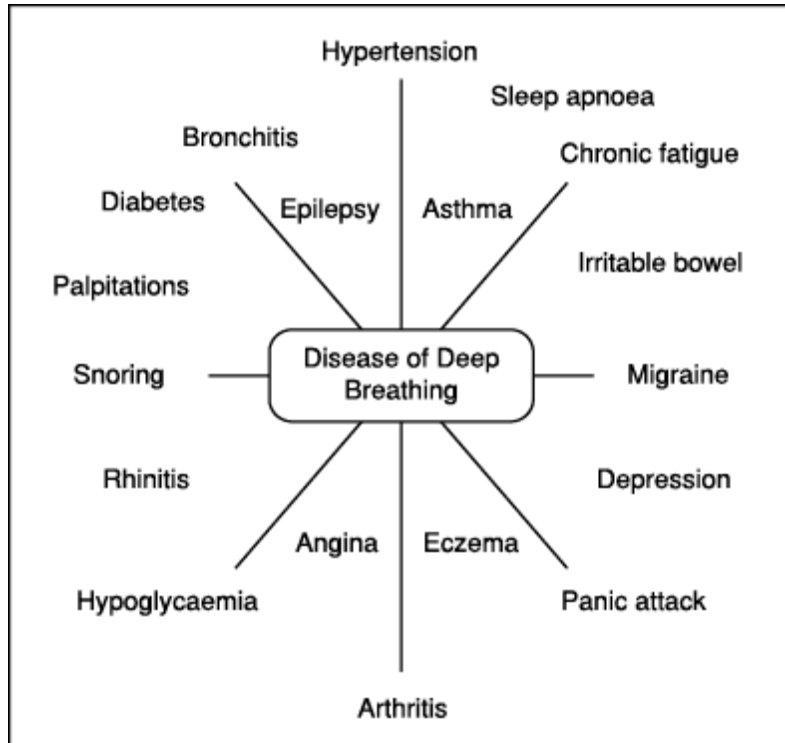
The symptoms of hyperventilation often appear totally unrelated to breathing. For example sweaty palms or feeling 'spaced out' do not appear to have any direct link with moving air in and out of the body, yet they are commonly associated with dysfunctional breathing.

To check how likely it is that you hyperventilate, take this test and rate yourself on a scale of 0 - 4 for the following symptoms, where 0 is never, 1 is rare, 2 is sometimes, 3 is often and 4 is very often.

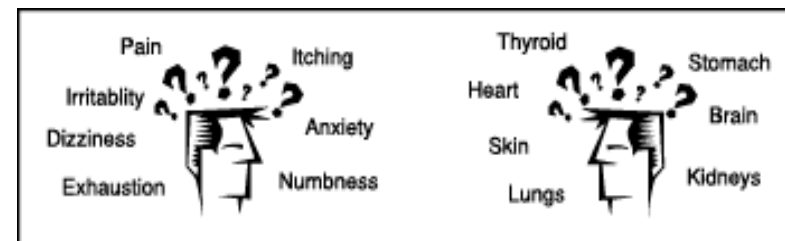
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|---|-----------|---|-----------|
| Shallow breathing, using the upper chest to breathe | 0 1 2 3 4 | Poor concentration, mental fatigue, confusion, forgetful, 'spaced out' | 0 1 2 3 4 |
| Erratic breathing e.g. a deep breath every few minutes; rapid breathing spaced with long pauses; breathing without pause | 0 1 2 3 4 | Feeling tense, apprehensive, anxious, panicky, or fearful without reason e.g. fear of stuffy rooms | 0 1 2 3 4 |
| Fast or deep breathing | 0 1 2 3 4 | Short temper, irritable | 0 1 2 3 4 |
| Yawning or sighing | 0 1 2 3 4 | Mild depression | 0 1 2 3 4 |
| Breathing through mouth | 0 1 2 3 4 | Mild obsession in regard to habits, objects or people | 0 1 2 3 4 |
| Difficulty in taking a deep breath | 0 1 2 3 4 | Frequent urination | 0 1 2 3 4 |
| Short of breath, breathless | 0 1 2 3 4 | Nausea, 'butterflies' in stomach | 0 1 2 3 4 |
| Chest tightness or constriction | 0 1 2 3 4 | Bloated abdomen, flatulence or belching | 0 1 2 3 4 |
| Airways are extra-sensitive | 0 1 2 3 4 | Constipation with intermittent diarrhoea | 0 1 2 3 4 |
| Excessive mucus production | 0 1 2 3 4 | Loss of libido | 0 1 2 3 4 |
| Coughing | 0 1 2 3 4 | Impotence | 0 1 2 3 4 |
| Allergies, rhinitis, hay fever | 0 1 2 3 4 | Stiffness in fingers, arms or around the mouth | 0 1 2 3 4 |
| Sneezing | 0 1 2 3 4 | Trembling, tic or twitching | 0 1 2 3 4 |
| Blocked or running nose | 0 1 2 3 4 | Muscle tightness or cramps | 0 1 2 3 4 |
| Reduced sense of smell | 0 1 2 3 4 | Tingling or numbness in fingers, feet or lips | 0 1 2 3 4 |
| Bad breath | 0 1 2 3 4 | Cold hands and feet | 0 1 2 3 4 |
| Dry mouth | 0 1 2 3 4 | Itching, dry skin, eczema or rashes | 0 1 2 3 4 |
| Dental or gum problems | 0 1 2 3 4 | Sweaty palms/feet/armpits or feeling hot all over | 0 1 2 3 4 |
| Throat clearing repeatedly | 0 1 2 3 4 | Hot or cold flushes | 0 1 2 3 4 |
| ringing in ears | 0 1 2 3 4 | Licking dry lips | 0 1 2 3 4 |
| Light-headed or feeling dizzy | 0 1 2 3 4 | Pains in bones or joints | 0 1 2 3 4 |
| Pounding, rapid or erratic heartbeat | 0 1 2 3 4 | Headaches | 0 1 2 3 4 |
| High blood pressure | 0 1 2 3 4 | Chest pains that are not heart-related | 0 1 2 3 4 |
| Varicose veins | 0 1 2 3 4 | Lacking stamina, feeling chronically tired or physically exhausted | 0 1 2 3 4 |
| Colds, flu or chest infections | 0 1 2 3 4 | Muscle weakness, 'jelly' legs | 0 1 2 3 4 |
| Prone to sickness | 0 1 2 3 4 | Erratic blood sugar levels | 0 1 2 3 4 |
| Visual disturbances e.g. flashes or shadows before the eye, blurred or tunnel vision or impaired night vision, sudden deterioration of vision | 0 1 2 3 4 | Sleeping badly e.g. insomnia, vivid dreams, nightmares, shuddering in sleep, snoring, waking frequently, grinding teeth or still feeling tired after a long sleep | 0 1 2 3 4 |

Scoring at least 3 for 6 or more symptoms indicates a tendency towards Hyperventilation Syndrome, which responds favourably to learning the Buteyko Method. 'phone **Linda Meads at the Buteyko Breathing Centre on 01789 298290 or 07973 442650** to arrange a consultation, or to book a Workshop.

Breathing incorrectly can aggravate these conditions, or cause symptoms that mimic them:



**Dizzy?
Cold hands and feet?
Running or blocked nose?
Apprehension or floating fears?
Chronically tired and lacking energy?
Stressed out over nothing?
Frequently short of breath?
Upset stomach?
Snoring?**



For more information, contact
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**Breathing affects the whole body.
Breathe badly and your mind/body will not
perform the way it should.
Breathe well and your whole life changes for the
better!!**