

Pursed-Lip Breathing

Chronic Obstructive Pulmonary Disease (COPD), and other lung diseases can cause airways to collapse when you breathe out (exhale), trapping stale air. This leaves less room in your lungs for fresh air to enter. When this happens you are likely to feel short of breath.

Pursed-lip breathing keeps airways open longer during exhalation. This helps release trapped air from your lungs and allow fresh air to come in. Practice pursed-lip breathing while you are resting so you can use this technique when you are feeling short of breath.

1. Breathe in or inhale through your nose at a normal rate and depth. Feel your lungs fill with air.
2. Purse your lips together as if you going to whistle or play a flute.
3. Breathe out or exhale slowly and gently through your mouth, keeping your lips pursed. The time it takes to exhale should be 2 to 3 times longer than the time you inhale. Do not force air out.



Purse your lips as if you are going to whistle. Breathe out slowly.

Adjust your breathing rhythm and the amount you purse your lips to increase your comfort.

Use this technique during exercise or activities that cause you to be short of breath. However, this technique also may be used at anytime.

- **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**