

An abstract graphic featuring three sets of concentric blue circles of varying sizes. Two sets are in the upper right, and one is in the lower right. Thin blue lines intersect the circles, creating a geometric pattern.

The Buteyko Breathing Technique for Sleep Apnea

HOW A SIMPLE BREATHING RETRAINING TECHNIQUE CAN
CURE YOUR SLEEP APNEA

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What is the Buteyko Breathing Technique?

The Buteyko Breathing Technique, or simply known as the Buteyko Method, is a complementary therapy that suggests the role of breathing exercises in treating various conditions, most especially asthma. It was developed in the 1950s by Konstantin Pavlovich Buteyko, a medical doctor from Ukraine. He formulated the method on the basis that majority of respiratory conditions, like asthma, are brought about by chronic deep-breathing or hyperventilation. Although his method isn't really supported or believed in by the medical community, primarily due to insufficient evidence that can support its theory, it nonetheless have received positive reviews from those who have tried this breathing method.

Even though the Buteyko Breathing Technique is primarily intended to treat asthma, there's a buzz that it can also help provide relief from other conditions including sleep apnea. But before we go into that, let us first learn a few things about the Buteyko Breathing Technique.

A Brief History of the Buteyko Breathing Technique

As mentioned, the Buteyko Breathing Technique was devised by the Ukrainian Dr. Konstantin Buteyko. At an early age of 20, he was diagnosed with a severe form of hypertension that would, supposedly, give him only a few months to live. One night, while he was staring at the night sky, thinking of his imminent death, he noticed that he was breathing deeply and heavily. It then came to him that this heavy breathing must be the cause of his health problem, and not its symptom. Realizing that, he tried to relax and do slow breaths, which made him feel much better almost instantly. He happily shared this to the patients of one hospital, and all of them started to feel much better, just like him. From this experience, he created what we know now as the Buteyko Breathing Technique.

Smitten by his new discovery, he began to treat patients. In 1987, after obtaining a "top secret" patent for his method from the government, he built his Buteyko Clinic. Over the years, he continued using and promoting his method, and eventually discovered, through the amount of patients he has treated, that the Buteyko Breathing Technique can actually be the answer to at least 150 health problems. He was able to treat people with allergies, cancer, gastric disturbances, heart problems, hypertension, immune deficiency, kidney disorders, and asthma, most especially. He was also able to successfully treat some victims of the Chernobyl Disaster.

Although the method was effective for so many diseases and disorders, Dr. Buteyko never published a single paper about it. In fact, his name did not appear in the medical literature until 1995. The very first study on the effectiveness of the Buteyko Breathing Technique was conducted at the Leningrad Institute of Pulmonology, in 1968. The second one was done also in Russia in 1980, at the Moscow Institute of Pediatric Diseases. It was the study which prompted the health ministry head to release the order which officially included the Buteyko method in the list of possible treatment for bronchial asthma. A few years later, the method was introduced in other countries like the United States, Great Britain, Australia, and New Zealand.

Now you know about the history a bit, let's now move on discussing how the theory behind the method, and how it works. Next up:

THE THEORY BEHIND THE BUTEYKO BREATHING TECHNIQUE

The Theory Behind the Buteyko Breathing Technique

The theory on how Buteyko Breathing Technique works is actually not supported by medical experts and practitioners due to the lack of objective evidence that attest to its effectiveness. This theory, nonetheless, is basically about how the method "corrects" the patient's breathing pattern through repetitive breathing exercises.

The Buteyko Breathing Technique works on the concept that hyperventilation, diagnosed or not, is the primary cause of many underlying conditions, an example of which is asthma. The physiology can be summarized as follows:

- Carbon dioxide, through its carbonic acid form, is the key regulator of the body's acid-base balance.
- Hyperventilation, a condition in which a person breathes faster and deeper than normal, can lead to reduced carbon dioxide levels in the arterial blood; this is medically known as **hypocapnia**.
- Hypocapnia disturbs the body's acid-base balance— when carbon dioxide levels drop, the blood's pH rise, making it more alkaline (or 'basic')
- An alkaline blood results to the hemoglobin picking up and binding to oxygen— there's an increased affinity of the hemoglobin to the oxygen molecules. This is the body's way of balancing the amount of oxygen and carbon dioxide in the blood (a compensatory mechanism, so to speak).
- This results to less oxygen released and delivered to the tissues, resulting to hypoxic damage and subsequently, a myriad of health complaints.
- This problem is further worsened by bronchospasm (spasm of the airway muscles), which occurs due to the lack of its dilator—carbon dioxide.

Proponents of the Buteyko method, however, know that the effect of long-term hyperventilation is much worse than this. There could also disturbance of the energy production by the cells and some of the body's most important chemical reactions. Here's what happens if hypocapnia persists:

- The kidneys will work to correct the alkalosis by eliminating bicarbonate ions.
- When bicarbonate ions are loss, along with it goes phosphorus ions.
- Low levels of phosphate in the blood results to a condition called **hypophosphatemia**, leading to the disruption of ATP production.
- ATP, or adenosine triphosphate, is said to be the cell's energy molecule.
- Lack of ATP results to the disruption of the body's normal processes.

Correction of this hyperventilation, and subsequently of all health problems that arise from it, can be done by practicing the Buteyko Breathing Technique. The method normalizes the

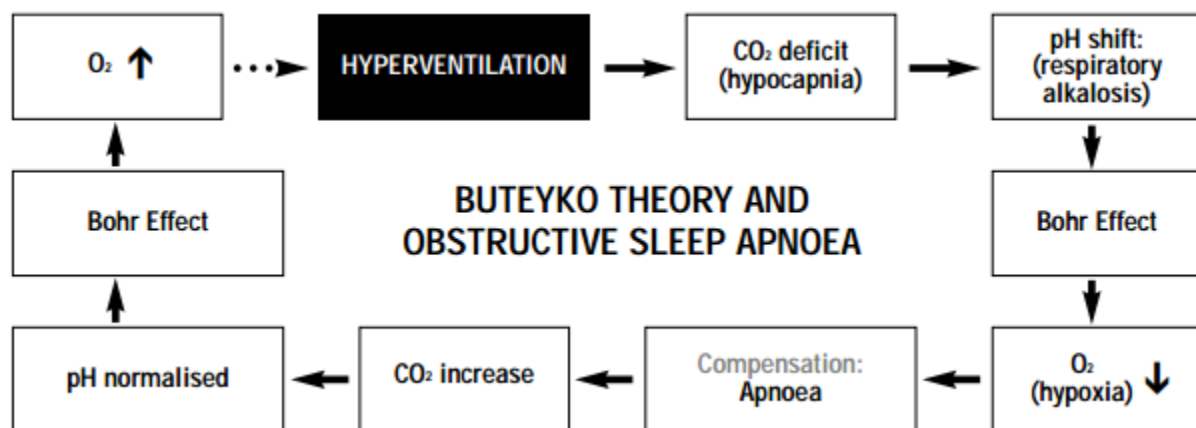
ratio of oxygen and carbon dioxide in the bloodstream. The medical community, though, is not completely supportive of the theory, since they believe that changing an asthmatic patient's carbon dioxide levels is not exactly achievable, and therefore, desirable.

Hyperventilation and Sleep Apnea

Before we discuss the relationship between hyperventilation and sleep apnea, let us first do a quick review of sleep apnea and its main types. There exists three types of apnea: 1) CENTRAL sleep apnea (CSA), 2) OBSTRUCTIVE sleep apnea (OSA), and 3) mixed apnea. Central sleep apnea occurs when the problem is in the respiratory center of the brain, while obstructive sleep apnea, which is the more common type, is brought about by the obstruction of the upper airway. OSA is commonly observed in obese individuals.

The third type, mixed apnea, is a combination of CSA and OSA. This starts usually with OSA, which if left untreated, becomes severe and long-standing, eventually leading to CSA. The exact mechanism on how CSA develops from OSA remains unknown, but experts say it has something to do with the acid-base balance and carbon dioxide feedback malfunctions.

So now that we've mentioned carbon dioxide and acid-base balance, let's go into these in detail. Kindly refer to the diagram below by Mary Birch, a registered practitioner of Buteyko, from her 2004 case study entitled: *Obstructive Sleep Apnea and Breathing Retraining*.



In OSA, airway obstruction is primarily caused by hyperventilation, says Dr. Buteyko's theory. According to him, the apnea (breathing cessation) and hypopnea (breathing reduction) experienced in OSA occurs as a defense mechanism against the too low concentration of carbon dioxide in the blood which, again, is called hypocapnia. When the

cessation or reduction of breathing occurs, this leads to increased levels of carbon dioxide in the blood. This, in turn, normalizes blood pH.

But of course, take note that as the blood pH decreases, the affinity of between the hemoglobin and oxygen molecules also decreases. As this affinity drops, the oxygen molecules will eventually be freed from the hemoglobin molecule, to the point that there will be more oxygen than carbon dioxide in the blood. This, again, results to low carbon dioxide levels versus oxygen levels, and the cycle starts again.

And just how could you stop that cycle? Well, that's what the Buteyko Breathing Technique is all about. Learn more about that in the next part:

THE PRINCIPLES BEHIND THE BUTEYKO BREATHING TECHNIQUE

The Principles Behind the Buteyko Breathing Technique

Although the practice differs among countries, the Buteyko Breathing Technique is basically just a breathing 'retraining' that prevents hyperventilation. It focuses on the following key breathing exercises: 1) nasal breathing, 2) reduced breathing exercises, and 3) relaxation.

Nasal Breathing

This is perhaps the most important principle of the Buteyko Breathing Technique. Through nasal breathing, the airways and other respiratory structures are protected, as the air that enters the body is filtered, humidified, and warmed first. It is believed that people with respiratory problems have trouble sleeping at night, and frequently are mouth-breathers. By training them with nasal breathing at day, this breathing habit at night can be solved. Nasal breathing during exercise is also a key requirement of the Buteyko method.

Reduced Breathing Exercises

By the term 'reduced breathing', Buteyko Breathing Techniques involve exercises that either reduces breathing volume or breathing rate. Instructors refer to the method as some kind of 'retraining', comparing it to the process of learning to how to ride a bicycle. After some time, the individual becomes will become more and more accustomed to the exercise.

The Buteyko Breathing Technique makes use of the so-called 'Control Pause' or CP, which pertains to the length of time the individual can hold his or her breath following a normal breathing cycle. According to Buteyko instructors, doing reduced breathing exercises on a regular basis will lead to the increased CP, resulting to decreased disease symptoms.

Relaxation

An individual's ability to control respiratory attacks is extremely important in practicing the Buteyko Breathing Technique. When there is, for instance, an asthma attack, the patient tends to become unsettled, and this results to a brief period of rapid, heavy breathing. The same thing happens when an individual with sleep apnea suddenly wakes up because he or she cannot breathe. By controlling this rapid breathing, a vicious cycle of overbreathing will be prevented. In other words, through reduced breathing and relaxation, hyperventilation will be averted.

Can treat other health problems aside from asthma and sleep apnea? Listed in the next part: **DISEASES TREATED WITH THE BUTEYKO BREATHING TECHNIQUE**

Diseases Treated with the Buteyko Breathing Technique

Though he was suffering from 'fatal' hypertension when he invented it, Dr. Buteyko's technique is now widely used with the primary intention of providing asthma patients an alternative solution for their condition. The method supposedly, though, can work on any health problem that is related to hyperventilation. Listed below are some of the 150 health problems that respond favorably with the Buteyko Breathing Technique.

- **Asthma:** All types of asthma-- allergic, intrinsic, extrinsic, and exercise-induced-- respond well to the method. According to studies, patients may reduce the use of medications just after three months of practicing the Buteyko Breathing Technique.
- **Allergies:** Most triggers of allergic reactions get weak as you learn to normalize your breathing. The Buteyko method will teach you how to do just that.
- **Anxiety:** Hyperventilation is perhaps the most common symptom of an anxiety attack. We've discussed what hyperventilation is, and you know now that if this is controlled, through normalization of breathing patterns, the other symptoms of anxiety will be greatly reduced as well.
- **Bronchitis:** This condition refers to the inflammation of the bronchi, resulting to increased mucus production and, subsequently, frequent cough. The Buteyko Breathing Technique addresses this disease two ways; first, by reducing mucus, which, subsequently, leads to less coughing. The method also helps make the body more resistant to infections.
- **Bronchiectasis:** This condition is characterized by the dilation of the bronchi, which renders them susceptible to increased mucus production and infection. By decreasing breathing through Buteyko exercises, clearing of these infected sputum will be much easier.
- **COPD and Emphysema:** Patients with these diseases may not fully recover using the Buteyko Breathing Technique, but they will surely experience a significant improvement in symptoms. They will need their medications less, and they will also have improved strength to do physical exercise.
- **Hayfever:** This one, which Dr. Buteyko referred to as the 'asthma of the nose', is among the few health conditions that respond fast to the method. If you do a

literature search, you'd find that there are thousands of case studies which show how effective the Buteyko Breathing Technique is in eliminating all symptoms of hayfever after just a few months of practicing the method regularly.

- **Migraine:** Hyperventilation can cause constriction of the arteries, which is one of the primary causes of migraines and headaches. Since the Buteyko method was developed primarily to counteract hyperventilation, practicing the method would therefore be of great help in decreasing episodes of pain. With continued practice, it can even eradicate the problem.
- **Rhinitis:** If you are suffering from this (inflammation of the mucous membrane of the nose), you'd probably think if doing the method is not possible at all. You're wrong. In fact, one of the most important exercises of the Buteyko method, as discussed, is nasal breathing. Nasal breathing, or the proper way of breathing, will help keep your nasal passages clear. In a study conducted in Ireland last 2008, they found that the Buteyko Breathing Technique did improve the rhinitis of the participants.
- **Sinusitis:** The Buteyko method has been shown to improve sinusitis, provided that there are no complications like nasal fracture or foreign body infection.
- **Snoring:** People who have this problem do mouth-breathing, which could lead to other problems like heart disease, hypertension, rheumatism, depression, and sleep apnea. The Buteyko Breathing Technique can get rid of this habit through breathing retraining, wherein the patient is taught or trained to do normal breathing, that is, through the nose.
- **Sleep Apnea:** If there's one condition aside from asthma that the Buteyko Breathing Techniques works most effectively, it would be sleep apnea. The effectiveness of the method in getting rid of this health problem will be discussed separately, and in detail, in the succeeding chapters.

With the long list of diseases that it can treat, of course, what you're looking for now is any proof that it is effective in treating those. Let's discuss that in:

STUDIES ON THE EFFECTIVENESS OF THE BUTEYKO BREATHING TECHNIQUE

Studies on the Effectiveness of the BBT

As the Buteyko Breathing Technique was originally intended to be a complementary solution for asthma patients, majority of the studies on this method is therefore about its effectiveness in treating the said disease. There are some studies, though, on its potential use in sleep apnea. Although the results were quite positive for both disorders, the medical community is still not convinced about the method and its claimed effectiveness due to the lack of objective or measurable evidence, such as the improvement in the patient's respiratory parameters (i.e. lung function). Majority of the patients included in the studies, however, have reported improvements in their condition and quality of life after performing the method's prescribed breathing exercises. Some of them specifically stated that their use of inhalers, as well as steroids, has been reduced significantly.

The review of literature on the different studies on Buteyko Breathing Technique have also been shown to be inconsistent, with older literature saying that the method wasn't effective at all, while the more recent ones stating otherwise. One review said that 'no reliable conclusion' can be drawn out from the studies because of very limited evidence. But two more recent reviews expressed their support for the technique, although the evidence provided by these wasn't overwhelming, but convincing enough, as far as the subjective evidence is concerned. These studies that support the use of Buteyko Breathing Technique recommend, nonetheless, that the method be used as a complementary (not alternative) to conventional treatment. They proposed that this technique be used ideally with other techniques such as yoga and physiotherapist-guided breathing exercises, and with medications.

The reviews, pro and against, have all advised that further studies should be done on the Buteyko method. These future studies should include larger trials and employ more participants.

Apart from studies and literature reviews, there also have been anecdotal reports of life-changing improvements brought about by Buteyko Breathing Technique. These claims can be found online, as well as in books. Below are some samples of exact testimonies of people who have tried the method and reaped excellent results:

"Our 4 year old son was a mouth breather and drooled often. We got his adenoids removed twice but were worried that it had grown back again as he started breathing from mouth again just few months after his 2nd surgery. Not wanting to get anymore surgeries done, we tried the buteyko method. All the exercises and the recommended dietary changes helped our

son tremendously and he rarely had cold or stuffy nose again. This helped with reducing his mouth breathing and drooling."

-- Tania Tangri (from <http://breathingcenter.com>)

"Our 5-year-old son, Tommy, has always been a restless sleeper. In January 2013, we noticed that he was experiencing sleep apnea episodes and was snoring heavily. So we scheduled an appointment with an ENT who told us that Tommy's adenoids were obstructing 90% of his nasal airway and would need to be removed. He is generally a very healthy little boy and my husband and I were shocked that the first recommended course of treatment be surgery. On further research, we found a study which indicated that adenoid removal is only 25% effective at improving chronic upper respiratory infections. We searched for an alternative, and we stumbled upon the Breathing Center. Using breathing exercises, modified diet, and general breathing awareness throughout the day has brought relief to Tommy in the form of more peaceful sleep and easier breathing."

-- Joyce Cole (from <http://breathingcenter.com>)

"I am a seventy year old woman and was diagnosed as having sleep apnoea about 10 years ago. On the advice of the Sleep Clinic I used a CPAP machine and then a Resmed breathing machine. In March 2008 I was instructed in the practice of Buteyko breathing. During the first 6 weeks I experienced major improvements in my health, IBS symptoms decreased, for example. However, I continued to use my Resmed machine.

After about three months it occurred to me that if sleep apnoea is the result of hyperventilation then the use of a breathing machine, which is like sleeping in a wind tunnel, is not sensible. I tried doing without the CPAP machine at night and found that I slept no worse without it than with it. I persevered with my breathing exercises.

This month in September 2009 my sleep clinic specialist said he was satisfied that I no longer suffer from sleep apnoea!"

-- Rosalind from Scotland (from <http://www.buteyko.co.uk>)

"I haven't used my CPAP machine since day two of the Buteyko course. It's been sitting in the wardrobe gathering dust for 8 months now. Thank you Buteyko."

-- Charles (from <http://www.buteykokourses.com>)

"I was diagnosed with sleep apnoea in 2004. A CPAP machine was recommended. The prospect of being hooked up to a machine that breathed for me at night was freaky but I was running out of options. A friend suggested Buteyko Breath Correction. I was sceptical but decided to give it a go. I'm so glad I did. In one week I was sleeping better than I had for years. A year later I can get right through the night without a trip to the bathroom. I awake

refreshed and maintain my energy levels right through the day. I recommend this course for anyone who snores or has sleep apnoea.

-- Joan (from <http://www.buteykocourses.com>)

"Doing the Buteyko programme was the best thing I've ever done for myself. I was suffering with Hyperventilation Syndrome, panic attacks, and sleep apnoea. I was unable to work and doctors could not diagnose what the problem was, except for the sleep apnoea. For that, I eventually spent a night in the Sleep Apnoea clinic at Waikato Hospital. From then on I used a machine at night so that I could breathe. Prior to that I had several visits to Accident & Emergency at three different hospitals, plus overnight stays in the heart ward.

Then I discovered BUTEYKO and THIS HAS CHANGED MY LIFE!

I am now fit and healthy. I walk an hour daily and can now swim 30 lengths of a swimming pool. I take no drugs, my blood pressure and cholesterol are now normal. Sure I sometimes forget to breathe – but I just do a simple breathing exercise which nobody would even know I was doing."

-- Essie (from <http://www.buteykocourses.com>)

And if the testimonies above are still not enough to convince you that the Buteyko Breathing Technique really works, wait until you read the sample case study that will be discussed on the next part:

SAMPLE CASE STUDY ON THE EFFECTIVENESS OF BUTEYKO BREATHING TECHNIQUE

Sample Case Study on the Effectiveness of BBT

Below is a sample case study on the effectiveness of the Buteyko Breathing Technique in managing obstructive sleep apnea. This case study was done by Mary Birch, a Buteyko practitioner, in 2004 under the title *Obstructive Sleep Apnea and Breathing Retraining*.

The Subject

The case study included a 44-year old man named **John***, who was suffering from asthma that started since he was a young kid. He also claimed to have OSA, for 18 months already at the time the study was conducted. The symptoms he experienced include abdominal bloating, difficulty concentrating, frequent waking at night, irritability, short deep breaths, and snoring. He was asked to take Seretide (fluticasone + salmeterol) once a day, at night.

John was also instructed to use a CPAP (Continuous Positive Airway Pressure) machine for his OSA. He was also advised by his doctor that surgery is also a possibility, should his condition get worse. Despite his medications and CPAP, John noticed that he isn't improving at all. That's when he considered trying the Buteyko Breathing Technique.

The Assessment

When John first went to the Buteyko Breathing Center in Melbourne, the author readily noticed the following: signs of lack of sleep, rapid incoherent speech, distress, and lack of concentration. His vital stats were taken, and the results were a rapid pulse (96 beats/min) and respiratory (20 cycles/min) rates. Mouth-breathing and hyperventilation were also observed.

The Breathing Retraining

After the assessment, John was instructed to enter a Buteyko Breathing course. The course consisted of 5 90-minute sessions and a follow-up session. He was taught techniques that promote nasal breathing, as well as guidelines on how to improve sleep quality and breathing while performing his normal daily activities and when exercising. He was also asked to do a series of breathing exercises at home. These exercises, which are designed to retain more carbon dioxide, last for 15 minutes and should be performed thrice daily.

While on the course, John was asked to write on his diary sheet all the improvements he experience, as well as his use of medications and CPAP machine.

The Results

John claimed that he started to feel improvement for both asthma and sleep apnea in as early as day 2 of the course. He still experience sleep problems, but definitely not as worse as before. On day 4, he said that his breathing was considerably much better. Of course, he was still using his CPAP, but less frequently. His asthma symptoms had also improved and his medication Seretide, with the permission of his physician, had been withdrawn. On day 5, John was looking much healthier.

A month later, on the follow-up session, John's vital stats were taken again. From a pulse rate of 96 beats per minute prior to undergoing the Buteyko course, it went down to a normal rate of 64 beats per minute. He also said that he can sleep peacefully now without using his CPAP. In addition, the signs the author noticed when she first saw the patient were all gone. Nevertheless, John was still asked to continue practicing the breathing exercises thrice daily.

Five months later, John was happy to inform that he completely got rid of the apnea, and based on several tests, he was told by his physician that he doesn't need surgery anymore. After two years, John was happy to report that he is in good health.

*not his real name

Inspired by John's story? Want to learn how to perform this breathing method? Then, read on:

PERFORMING THE BUTEYKO BREATHING TECHNIQUE

Performing the Buteyko Breathing Technique

To perform the Buteyko Exercises, of course, you'll have to find a clinic that provides a program for the method. Dr. Buteyko was not exactly keen on the DIY approach, and he believed that the effectiveness of the Buteyko Breathing Technique lies on patient compliance. According to him, most people will experience changes as a result from increasing levels of carbon dioxide in the blood, and Buteyko instructors will aid you in dealing with such changes. These instructors will also ensure that you are doing the exercises correctly and that you are motivated to do so all the time.

However, if you can't find a Buteyko practitioner, or if you are the busy type and you prefer to do the method at the comfort of your own home, then here are some tips to help you:

- **Location:** Find yourself a comfortable room to use, preferably one that is free of distractions.
- **Medications:** Take your medications as you normally would—don't make any changes; steroids, specifically, must not be discontinued since your body will need it as it re-learns to do normal breathing. In the case of bronchodilators, your physician will usually switch you to a short-acting bronchodilator once he or she sees that your symptoms are improving.
- **Comfort:** Before performing any of the steps below, make sure that you are comfortable with what you will do.
- **Clothing:** Remove all unnecessary clothing. As you do the exercise, the rising levels of carbon dioxide in the blood will cause dilation of the blood vessels, making you feel a bit warm.

Now, let's move on to the most important part—the actual exercise steps...

Nose Breathing (aka 'Normal Breathing')

1. Breathe gently, making sure you're not making any exaggerated maneuver.
2. Hold your breath for a few seconds
3. Release your breath slowly and very gently (you should be able to resume breathing without taking deeper or heavier breaths).
4. To make the previous steps easier, you can pinch your nose, nod your head, or perform some kind of light exercise.
5. Repeat steps 1-3 for a few more times, for a period of 3 minutes.

6. Start a pause somewhere in your breathing—**control pause**.

Control Pause (CP)

1. Check your pulse, and record the rate.
2. Hold your breath for as long as you can—it would be better if you can time yourself using a stop watch (the time that you will record is your **Control Pause** or CP).
 - Asthmatic patients have CP of 5 to 15 seconds
 - Healthy individuals have CP of at least **40 seconds**—this is your target.
 - Perfectly healthy individuals have CP of at least 1 minute, according to Dr. Buteyko
3. When you start to feel a bit uncomfortable, stop the timer and resume breathing.
4. You should be able to resume easily, without taking any effort, or doing deeper, heavier breaths.
5. Proceed with the **reduced breathing** exercise.

Reduced Breathing

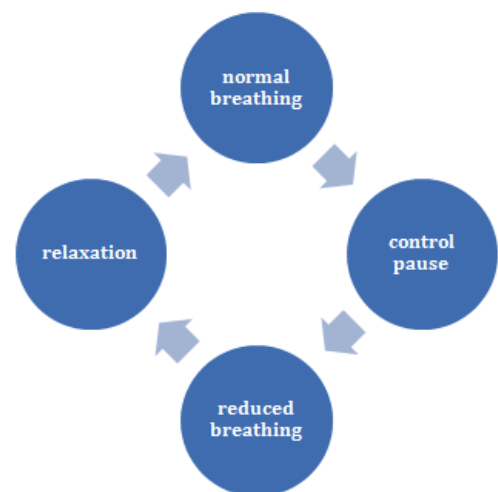
The goal of reduced breathing exercise is to make you feel that sustained slight hunger for air, and develop it eventually into a habit.

1. Feel your breathing pattern.
2. Each time you breathe, take a little less air.
3. Maintain this pattern by doing it for two minutes, then five, ten, and so on...

If you also do yoga or other relaxation techniques, you can combine this breathing exercise with those. You will know that you have followed the steps correctly if you feel good, calm, and a bit sleepy.

Doing it all together

1. Putting all the previous steps together will create this cycle/pattern (refer to the diagram on the right).
 - If reduced breathing is done correctly, the pulse should go down, and the CP up.
 - If the pulse remains the same, it's fine; but if it goes up, it means that you're not doing the exercise correctly.



2. It is recommended that you do an average of 8-10 cycles per day.
3. The reduced breathing part is extremely important, because it is the therapeutic part of the whole technique—you should get used to it and be able to incorporate it into your everyday life. If you can, do it all day.

Got that so far? Below are links to some videos that could hopefully help you out 😊

1. <http://www.youtube.com/watch?v=SeLqJXRVq-Y#t=19>
2. <http://www.youtube.com/watch?v=OWUxOGTDd3s>
3. http://www.youtube.com/watch?v=SjCVKgT_6y8
4. http://www.youtube.com/watch?v=m4-I_qv2ZjM
5. <http://www.youtube.com/watch?v=TiO4CPqU4tw>

For Mouth-Breathers

Dr. Buteyko does not approve of the method below, but most people who have done it find it extremely helpful. This, however, must not be performed by those who have anxiety attacks. So, here it goes:

1. Apply a suitable cream on your lips.
2. Get a low tack tape, and fold a tab on one or both ends so you can easily remove it later.
3. With your mouth closed, gently put the tape over your lips and press it firmly.
4. Follow the steps for nose breathing outlined above.
5. If you feel uncomfortable with having the tape over your lips, remove it as soon as possible.

If any of the steps given above make you feel sick or extremely uncomfortable, stop immediately. Seek help, if possible, from a professional Buteyko practitioner.

So, after reading the whole report and learning a lot about the Buteyko Breathing Technique, the important question now is: should I try it or should I not? For the final part:

THE CONCLUSION

The Conclusion

So, is the Buteyko Breathing Technique worth trying?

Definitely it is. With the current treatment available for sleep apnea, one can say that the Buteyko Breathing Technique is a relatively safe, effective, and convenient option. In fact, it could potentially help get rid of the need to undergo surgery in cases of OSA that have worsened over time. While you might worry about the fact that the theory behind the method is not entirely supported by the medical community, you should remember that there are people who have actually tried it and were happy with the results.

You should also consider the fact that the Buteyko Breathing Technique is basically a retraining technique, and if you will look at the available literature on the subject, you will find that breathing retraining has been used in medical practice for many years already.

Lastly, compared to the conventional treatment for sleep apnea, the Buteyko Breathing Technique has no reported side effects.

So you better try it now and see for yourself. 😊

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