

ellenor.\*

# THE ACTIVE CYCLE OF BREATHING

Part of providing the best care and support for families, means being there for as long as a family needs us.

You can help us to be there, when we're needed.

Please speak to a member of staff or visit our website for ways you can help.

Thank you

[www.ellenor.org](http://www.ellenor.org)

ellenor cares for the whole family

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# ACTIVE CYCLE BREATHING TECHNIQUE (ACBT)

ACBT is a technique to help clear sputum from your lungs. It consists of four different parts:

## 1. RELAXED BREATHING

This is normal breathing at rest. In a relaxed position rest one hand on your stomach.

Feel your stomach gently rise as you breathe in and fall as you breathe out.

## 2. DEEP BREATHING

This helps you to take air deep into your lungs and loosen sputum.

Breathe through your nose. Take a long, slow deep breath, imagine the air going to the bottom of your lungs. Sigh out slowly through your mouth.

## 3. HUFF

This helps to move sputum from your lungs to your main airways, making it easier to cough up. Take a breath in, open your mouth and huff the air out as if you are steaming a mirror.

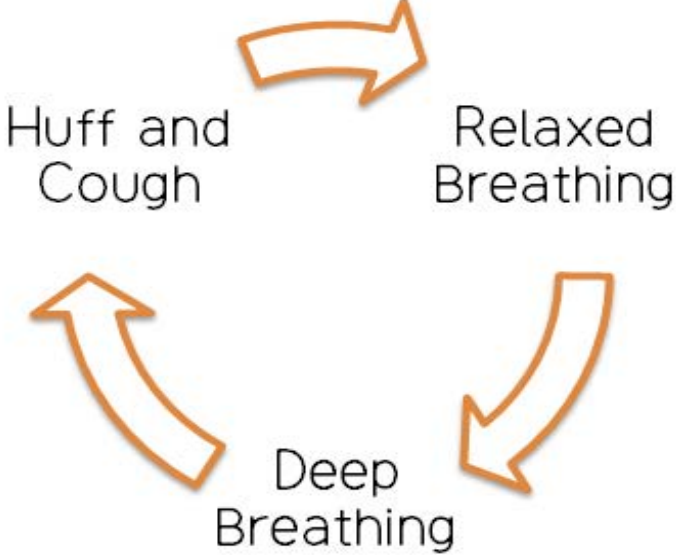
This is a short, sharp breath out using your stomach muscles to squeeze the air out quickly. Don't prolong the breath out as it will make you wheezy. A huff might make you cough, but don't worry if it doesn't.

## 4. COUGH

Only cough when you feel the sputum is high up in your airways and ready to come out. If your cough is not productive, try and stop coughing and repeat the exercises above. Prolonged coughing can make your airways tight and wear you out.

If you are able to clear your sputum, then you can either swallow it or spit it out into a tissue.

Continue to cycle through your exercises until your lungs feel clearer.



Complete these exercises:

\_\_\_\_\_times a day

for\_\_\_\_\_minutes