

TAKE THE HYPERVENTILATION TEST

- I Don't Hyperventilate Do I?

1 never | 2 occasional | 3 sometimes | 4 often | 5 always

| | | | | | |
|--|---|---|---|---|---|
| Shortness of breath | 1 | 2 | 3 | 4 | 5 |
| Breathing through the mouth | 1 | 2 | 3 | 4 | 5 |
| Constriction or tightness around the chest | 1 | 2 | 3 | 4 | 5 |
| Frequent deep breaths or catch-up breaths | 1 | 2 | 3 | 4 | 5 |
| Breath holds | 1 | 2 | 3 | 4 | 5 |
| Difficulty getting a satisfying breath | 1 | 2 | 3 | 4 | 5 |
| Upper chest breathing | 1 | 2 | 3 | 4 | 5 |
| Frequent yawning or sighing | 1 | 2 | 3 | 4 | 5 |
| Excessive mucous production eg sinusitis | 1 | 2 | 3 | 4 | 5 |
| Frequent blocked nose | 1 | 2 | 3 | 4 | 5 |
| Sinusitis | 1 | 2 | 3 | 4 | 5 |
| Loss of smell | 1 | 2 | 3 | 4 | 5 |
| Persistent cough, throat clearing | 1 | 2 | 3 | 4 | 5 |
| Lightheadedness, dizziness | 1 | 2 | 3 | 4 | 5 |
| Poor concentration, mental fatigue, confusion | 1 | 2 | 3 | 4 | 5 |
| Headaches, migraines | 1 | 2 | 3 | 4 | 5 |
| Poor sleep patterns: insomnia, vivid dreams, nightmares, snoring, sleep apnoea, grinding teeth | 1 | 2 | 3 | 4 | 5 |
| Chronic tiredness | 1 | 2 | 3 | 4 | 5 |
| Irritability | 1 | 2 | 3 | 4 | 5 |
| Fear without reason | 1 | 2 | 3 | 4 | 5 |
| Diarrhoea, constipation | 1 | 2 | 3 | 4 | 5 |
| Bad breath, mouth dryness | 1 | 2 | 3 | 4 | 5 |
| Allergies, rhinitis, hayfever | 1 | 2 | 3 | 4 | 5 |
| Pains in heart region or chest | 1 | 2 | 3 | 4 | 5 |
| Prone to colds, flu or chest infections | 1 | 2 | 3 | 4 | 5 |
| Cold hands or feet, restless legs | 1 | 2 | 3 | 4 | 5 |
| Bloating, flatulence, belching, reflux | 1 | 2 | 3 | 4 | 5 |
| Itching, dry skin | 1 | 2 | 3 | 4 | 5 |
| TOTALS | | | | | |

Under 30 **Good health** Good breathing
Under 50 **Healthy** Breathing needs
 addressing

Under 80 **Unhealthy** Poor Breathing
Under 110 **Very Unhealthy** Chronic Hyperventilator
> 110 **Chronically Ill** Acute Hyperventilator