Here are two versions of the Buteyko breathing exercise for hyperventilation. The only difference is counting number or seconds—do whichever is most comfortable for you. If the hyperventilation is high, or if you have asthma, go up to 10 counts or seconds.

Acute (sudden) hyperventilation is usually triggered by acute stress, anxiety, or emotional upset. Chronic (recurring) hyperventilation may be an ongoing problem for people with other diseases, such as asthma, emphysema, or lung cancer.

Buteyko Anti-Hyperventilation Breathing Exercise #1

For all the Buteyko breathing exercises, the goal is to progressively increase the amount of time you nose-breathe each day until you are breathing 100% through your nose.

1. In this practice you will do a repetitive structured short breath hold COUNTING your hold.
2. This exercise is very useful to clear a blocked nose, and to push your breathing center to accept the changes you are trying to make.
3. Be sure to be aware of your breathing, do nose breathing only, and have upright posture.
4. Only hold as much as you feel comfortable!
5. Try to make this exercise last at least 5 minutes no matter how high your hold. To go the 5 or more minutes you have 3 options:
    1. a) Go to a hold of 5 and back down, then go up again.
    2. b) Go as high as long as you are comfortable, and stay there for the duration until you back down.
    3. c) Go as high as you can (don't lose control!), then back down to a more comfortable count and stay there for the duration.
6. In the example below, the person has decided to stop increasing counts at 5.
7. **Be sure to back down to a count of 2 at the end of your exercise.**

Anti-Hyperventilation Exercise Version 1

For HV attack count to 5 or 6…….For Asthma count to 10..

	COUNT		COUNT
Breathe in and out Breathe in and out →	Hold, 2 →	Breathe in and out Breathe in and out →	Hold, 2
Breathe in and out Breathe in and out →	Hold, 2, 3 →	Breathe in and out Breathe in and out →	Hold, 2, 3
Breathe in and out Breathe in and out →	Hold, 2, 3, 4 →	Breathe in and out Breathe in and out →	Hold, 2, 3, 4
Breathe in and out Breathe in and out →	Hold, 2, 3, 4, 5 →	Breathe in and out Breathe in and out →	Hold, 2, 3, 4, 5

Back down to count of 2

	COUNT		COUNT
Breathe in and out Breathe in and out →	Hold, 2, 3, 4 →	Breathe in and out Breathe in and out →	Hold, 2, 3, 4
Breathe in and out Breathe in and out →	Hold, 2, 3 →	Breathe in and out Breathe in and out →	Hold, 2, 3
Breathe in and out Breathe in and out →	Hold, 2 →	Breathe in and out Breathe in and out →	Hold, 2

Buteyko Anti-Hyperventilation Breathing Exercise #2

For all the Buteyko breathing exercises, the goal is to progressively increase the amount of time you nose-breathe each day until you are breathing 100% through your nose.

1. In this practice you will do a repetitive highly structured short breath hold using SECONDS instead of counting.
2. This exercise is very useful to clear a blocked nose, and to push your breathing center to accept the changes you are trying to make.
3. Only hold as long as you feel comfortable!
4. Try to make this exercise last at least 5 minutes no matter how high your hold. The ways to do this are:
    1. a) Back down to 2 each time.
    2. b) Stay at the level you are until time is up, then back down.
    3. c) Drop back 1 or 2 seconds on the hold and stay there, then back down. Note the highest level and the hold level in the Max Secs column.
5. **Be sure to back down to 2 seconds at the end of this exercise!**

TIPS and other:

- Your hold length should not disturb your breathing.
- If you find you are "grabbing" your inhale, or are feeling anxious, or your exhale is out of control, either STOP the exercise and just walk for a few minutes or back down to a 2 step hold and stay there until your breathing is calm again.

Anti-Hyperventilation Exercise Version 2

	SECONDS*		SECONDS
Breathe IN 2 secs, OUT 3 secs Breathe IN 2 secs, OUT 3 secs →	Hold, 2 →	Breathe IN 2 secs, OUT 3 secs Breathe IN 2 secs, OUT 3 secs →	Hold, 2
Breathe IN 2 secs, OUT 3 secs Breathe IN 2 secs, OUT 3 secs →	Hold, 2, 3 →	Breathe IN 2 secs, OUT 3 secs Breathe IN 2 secs, OUT 3 secs →	Hold, 2, 3
Breathe IN 2 secs, OUT 3 secs Breathe IN 2 secs, OUT 3 secs →	Hold, 2, 3, 4 →	Breathe IN 2 secs, OUT 3 secs Breathe IN 2 secs, OUT 3 secs →	Hold, 2, 3, 4
Breathe IN 2 secs, OUT 3 secs Breathe IN 2 secs, OUT 3 secs →	Hold, 2, 3, 4, 5 →	Breathe IN 2 secs, OUT 3 secs Breathe IN 2 secs, OUT 3 secs →	Hold, 2, 3, 4, 5

<p style="text-align:center; color:red;">Continue to a MAXIMUM hold of 10 seconds.</p>

<p style="text-align:center;">BACK DOWN from last hold.</p>

Breathe IN 2 secs, OUT 3 secs Breathe IN 2 secs, OUT 3 secs →	Hold, 2, 3, 4 →	Breathe IN 2 secs, OUT 3 secs Breathe IN 2 secs, OUT 3 secs →	Hold, 2, 3, 4
Breathe IN 2 secs, OUT 3 secs Breathe IN 2 secs, OUT 3 secs →	Hold, 2, 3 →	Breathe IN 2 secs, OUT 3 secs Breathe IN 2 secs, OUT 3 secs →	Hold, 2, 3
Breathe IN 2 secs, OUT 3 secs Breathe IN 2 secs, OUT 3 secs →	Hold, 2 →	Breathe IN 2 secs, OUT 3 secs Breathe IN 2 secs, OUT 3 secs →	Hold, 2