The questions here were drawn from descriptions in scientific and popular literature of respiratory symptoms and breathing behaviors proposed to be associated with problematic breathing, and pulled together by Dr. Rosalba Courtney and Dr. Ken Greenwood in Australia. Research to establish normative values has not been published, but Dr. Courtney wrote in Recognizing and Treating Breathing Disorders 2nd Edition that a score of 11 or higher correlated with respiratory dysfunction.


Disclaimer: Breathing difficulty may be due to poor habits, or may be a warning sign of a life-threatening heart or lung condition, infection or other illness. Always check with your doctor about your own situation. Breathing classes, coaching and other services from Breathing Retraining Center LLC are offered by teachers who are not licensed by the State of California as physicians or other healing-arts practitioners. We offer alternative non-medical/non-psychological techniques.