lung health foundation

PURSED LIP BREATHING

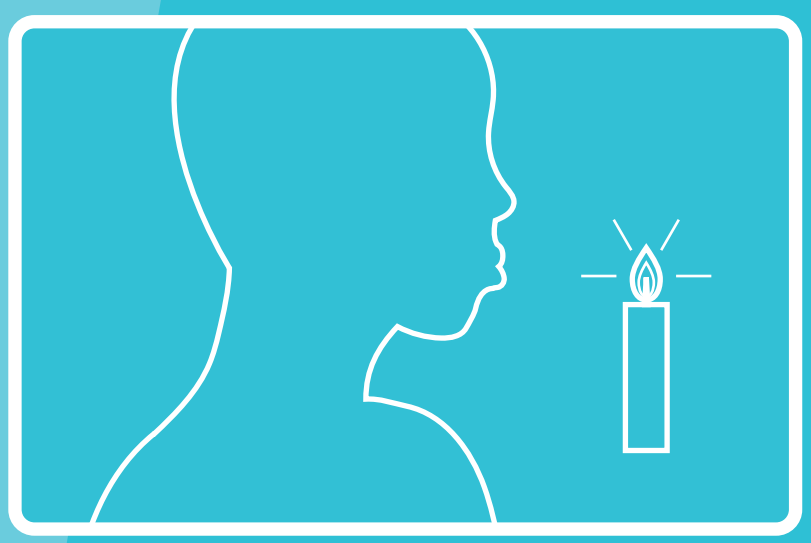
If you have a chronic lung condition, like COPD, pursed lip breathing is a technique that helps when you feel short of breath during physical activity. It works by moving fresh air into your lungs and stale air out of your lungs by keeping your airways open longer.



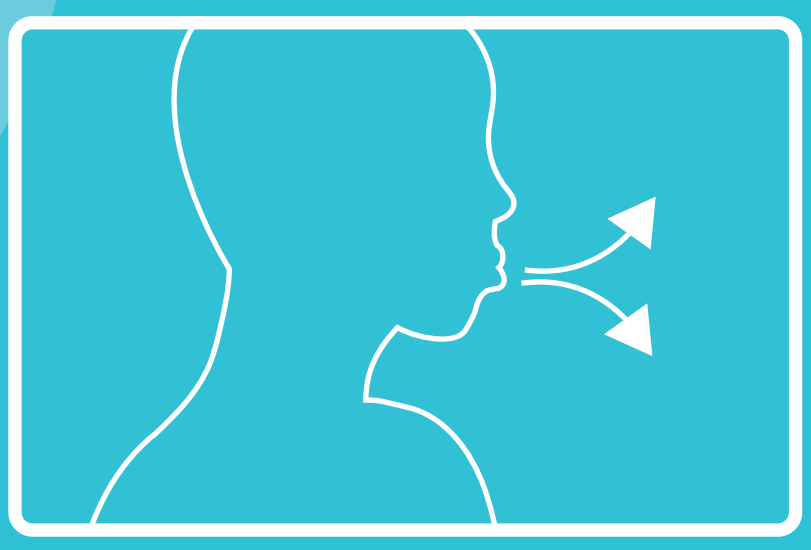
Sit in a chair, relax your neck and shoulders.

Breathe in slowly through your nose and keep your mouth closed.

Count while you breathe in.
Count 1-2.



Purse or pucker your lips as if you were blowing out a candle.



Breathe out and exhale all of the air in your lungs slowly through pursed lips.

Breathe out longer than it takes you to inhale.
Count 1-2-3-4.

We provide people with COPD programs and resources to keep you out of hospital, so you can live your life to the fullest.

For more information, reach out to our Lung Health Line for free one-on-one guidance from a Certified Respiratory Educator. Chat online or call toll-free 1-888-344-LUNG (5864).

lunghealth.ca