

# SMART Breathing

Symptom Management And Respiratory Training



Colour, Visual Stress,  
Health and Learning

9<sup>th</sup> Biennial Australasian Irlen Conference  
Adelaide 11/12 April 2015

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*Presentation*  
***Theme***

**Effects of Breathing on:**

**Living:** Visual stress and PTSD, Head Injuries,  
*Immune System* effects

**Learning:** Visual Stress and Learning, Reading,  
*Concentration, Attention Comprehension*

**Loving:** Family Dynamics, *Anxiety*/ASD/ADD,  
Behaviour Management

# *Reflection*

## *Day 1*

Breathing is about:  
**internal locus of control**

Habits can change:  
**awareness decision action reflection**

# *Objective*

Part B)  
day 2

- ✓ Breathing from your core
- ✓ Sleeping the right way

# *Functional Breathing*

- Breathing comfortably through the **nose**
- Predominantly diaphragmatic - **belly** breathing
- Resting minute **volume** 4-5 litres/minute
- Resting breathing **rate** 8-10 breaths/minute
- **Silent**
- **Rhythmic** breathing
- Breathing quietly and softly at **sleep** or rest
- Ability to **exercise** with minimal breathlessness

# *Core Breathing*

- Keep shoulders down
- Use rib cage movement
- Lungs act as bellows
- Use diaphragm
- Breathe out longer than in
- Pursed / sealed lip breathing

# *Tensegral Posture*

Feet

Pelvis

Shoulders

Hands

# *Practice*

Feet

Pelvis

Shoulders

Hands

Breathing

Relaxing



# *sleep position*

Lateral

Stable

Supportive pillow

# *aim is to change*

From: noisy, irregular , disruptive

To: quiet, regular, effortless

# *Poor sleep*

**Waking wired &  
tired**

**Morning headache**

**Dry mouth**

**Bad breath**

**WC visits at night**

**Bed monster**

**Vivid dreams**

**Restless legs**

# *sleep hygiene*

**Are you rested, refreshed?**

**Waking when**

**Waking how**

**Hours of sleep**

**Condition of room**

**Before sleep time**

**Bed time**

**Before bed time**

**Food/Drink**

# *Reflect*

Purpose of breathing

Nose

Tensegral breath

Sleep

Activity

**Living   Learning   Loving**

# *Where to start*

**Someone has to be in charge.**

**It might as well be you.**

**Living Learning Loving**

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