

# COMBATING THE EFFECTS OF MASK WEARING



Improper breathing while wearing surgical or cloth masks have been shown to create anxiety, headaches, increased heart rate, dizziness & fatigue. The respiratory health experts at **PN Medical** have developed the following guidelines for better breathing.

## FACE MASK BREATHING GUIDELINES

### 1 TAKE 5 QUALITY BREATHS

- A Quality Breath = 4 second inhale through the nose, 6 second exhale through the mouth. 2 second pause. Repeat 5 times.
- Take 5 Breaths right before putting on your mask.
- Take 5 Breaths immediately after you have the mask on.
- Take 5 Breaths one last time after removing the mask.

#### Why It Matters:

This technique sets the right pattern and helps prevent your autonomic nervous system from being locked into a dysfunctional breathing pattern.



### 2 LONGER AND SLOWER

Notice people around you. Some change their breathing patterns while wearing a mask. Combat this by taking **longer, slower** breaths while you are wearing yours.



### 3 MASK BREAKS

- If you are wearing a mask for extended periods of time, take breaks from the mask periodically when it is safe. **Follow Step 1 above.**
- Breaks between times wearing a mask can reduce the negative effects.

### 4 RESPIRATORY MUSCLE TRAINING (RMT)

- **RMT** helps to improve the function of respiratory muscles.
- For 5 minutes in the morning and 5 at night, practice RMT.
- **RMT** is valuable in the face of COVID-19 (Severin et al 2020).



For more information go to [www.PNMedical.com/facemasks](http://www.PNMedical.com/facemasks)