

BREATHING AND HEALTH INDEX QUESTIONNAIRE

Learn more about your current breathing habits by answering the 20 questions in the *Breathing and Health Index Questionnaire* below. These questions will help you assess your own breathing and become aware of how well your airways work. Blocked airways, over-breathing (hyperventilating), and irregular breathing are all factors that can cause seemingly unrelated health problems. Hence, there are questions relating to health issues such as stomach problems, for example.

Choose the option from 1-5 that best describes your current health status. All questions refer to the past month. The questionnaire is divided into two parts. Question 1-10 constitutes part I and is about your health - physical, mental, and emotional. Part II consists of question 11-20 and is related to your breathing habits.

		Very Often	Often	Sometimes	Rarely	Very Rarely
01	Overall health: My health status is poor	1	2	3	4	5
02	Insomnia, restless sleep, snoring, sleep apnea, grinding/clenching teeth	1	2	3	4	5
03	Low on energy, morning tiredness, tired during the day, poor concentration	1	2	3	4	5
04	Heart palpitations, extra heart beats, high pulse (above 75) and/or irregular heart beats	1	2	3	4	5
05	Internal stress, brain in overdrive, in a hurry, sugar cravings, addictive tendencies	1	2	3	4	5
06	Feeling anxious, depressed, afraid, worried, avoiding conflicts, "people pleaser"	1	2	3	4	5
07	Irritated, angry, impatient, conflicts, over-ambitious	1	2	3	4	5
08	Indigestion, constipation, over-eating	1	2	3	4	5
09	Stiff and/or tense muscles, pain in the back/neck/shoulders, headache	1	2	3	4	5
10	Shortness of breath during exercise, lactic acid/low endurance at physical work	1	2	3	4	5
11	Open mouth, mouth breathing, dry mouth, dry lips	1	2	3	4	5
12	Stuffy/runny/itchy nose, sinus congestion, narrow nasal passages, recurrent colds	1	2	3	4	5
13	Lump sensation in the throat, irritated throat, difficulty swallowing, sensitive airways	1	2	3	4	5
14	Shallow breathing, difficulty breathing with my diaphragm (abdominally)	1	2	3	4	5
15	Over breathing (hyperventilation/fast breathing), heavy breathing - difficulty getting air, chest tightness	1	2	3	4	5
16	Sneezing, sighing, yawning, taking big breaths prior to speaking	1	2	3	4	5
17	Daytime apnea/holding breath, forgetting to exhale	1	2	3	4	5
18	Noisy breathing, mucus, clearing of throat, coughing, sniffing, wheezing	1	2	3	4	5
19	Forward leaning and/or slumped posture	1	2	3	4	5
20	The voice does not carry, hoarseness, squeaky/nasal/strained voice	1	2	3	4	5

TOTAL SCORE _____