

2. Faster Shallow Breathing

MODULE 7

This is the breathing technique you can use if your contractions become more intense, and you have difficulty relaxing using the slow deep breathing technique. Faster, shallow breathing is done more quickly and higher in your chest.

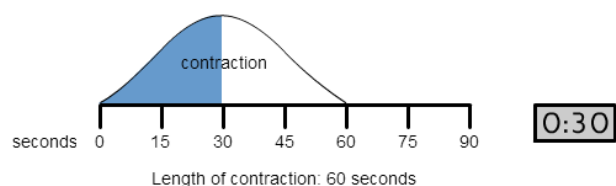
Faster, Shallow Breathing Technique

- When the contraction begins, take a relaxing breath – breathe in through the nose or mouth, breathe out through the nose or mouth.
- Continue to breathe through the nose or mouth at whatever speed seems comfortable. As the intensity of the contraction increases, accelerate your breathing rhythm.
- As your contraction gets stronger and your breathing faster, start to breathe in and out through your mouth only. Keep your mouth soft and relaxed.
- When your contractions ease up, begin breathing more slowly in through your nose or mouth and out through your nose or mouth.
- When your contraction ends, take another relaxing breath.

▶ Start ⏸ Pause ⏮ Restart

Faster, Shallow Breathing Technique

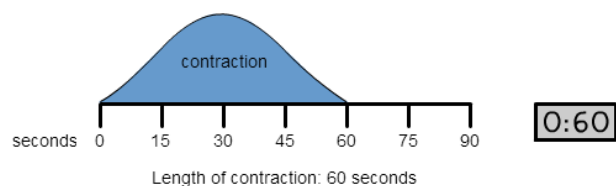
Click on the ▶ button to hear the faster shallow breathing technique during a contraction.



▶ Start ⏸ Pause ⏮ Restart

Faster, Shallow Breathing Technique

Click on the ▶ button to hear the faster shallow breathing technique during a contraction.



⏮ Restart

To practice the faster, shallow breathing technique, begin by taking short rapid breaths. Each breath should be light and shallow.

Try breathing at different speeds until you find one that is comfortable for you. Practice this breathing until you can stay relaxed and comfortable for 60 to 90 seconds.