



## Active Cycle of Breathing Technique (ACBT)

**Building healthier lives**

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## Active Cycle of Breathing Technique (ACBT)

ACBT helps you clear sputum from your chest. Repeat the cycle until you feel your chest is completely clear of mucus, or until you have two clear huffs.

If you take any reliever medication you may want to use this 10 minutes before to help settle your airways.

### Breathing control

#### **Use breathing control to steady your breathing**

- Breathe in through your nose and out through mouth or nose
- Place your hand on your tummy to feel it swell into your hand as you breathe in and fall back as you breathe out

### Three long slow deep breaths and hold for three seconds

#### **Use deep breathing to start to loosen sputum and to pop open airways which have been blocked by sputum.**

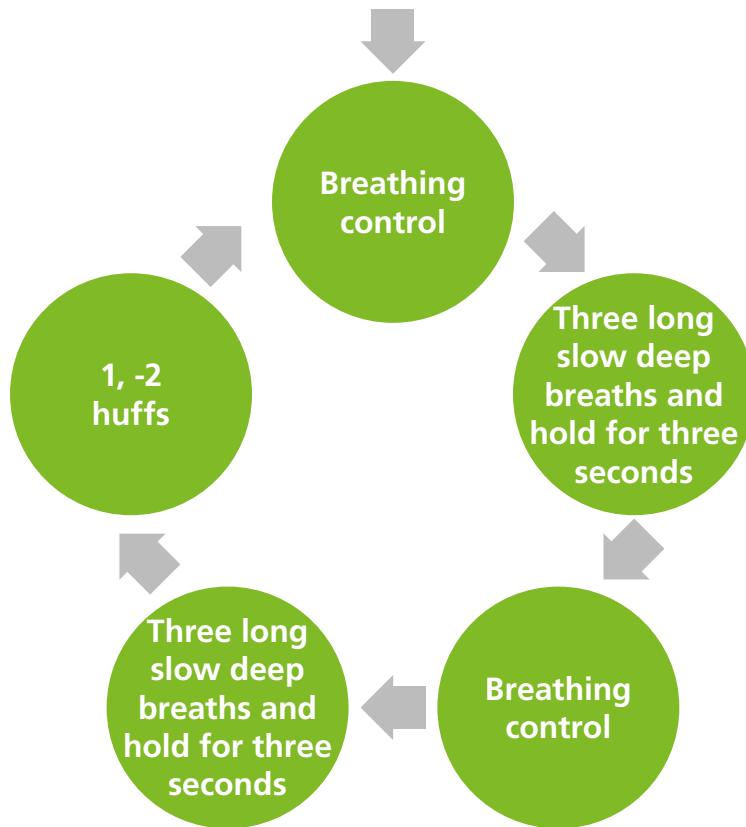
- Take a slow, deep breath in, through your nose if you can, and hold for three seconds. Repeat three times
- Keep your shoulders relaxed and breathe out like a long sigh with open mouth

### Huff

#### **Force air out like you are steaming up a mirror or cleaning your glasses.**

- Listen for crackles as you huff out to help you recognise where the sputum is stuck in your airways

## ACBT



## Additional Advice

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**Please scan this QR code to take you to a video of this airway clearance technique.**



### **How did we do? ☺ ☻ ☹**

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