

Instructions for Using the Buteyko Breathing Belt

1. Purpose & Effect

The Buteyko Breathing Belt is a supportive tool for practicing the Buteyko breathing method – designed to encourage light, slow, and deep (LSD) diaphragmatic breathing. It helps reduce hyperventilatory breathing patterns, improves the balance of oxygen and carbon dioxide, and promotes calmness and efficiency in breathing.

2. How does the Belt work?

The belt applies gentle pressure to the diaphragm, which naturally promotes slower, controlled nasal breathing instead of shallow chest breathing. In this way, it helps retrain natural breathing patterns throughout the day and during sleep.

3. Step-by-Step Application

a) Positioning

Place the belt around your diaphragm – between your navel and ribcage.

b) Adjustment

The belt is adjustable on both sides – if it's too loose, it has no effect.

Goal: You should feel a gentle air hunger, but no discomfort. If the sensation is too strong, loosen the belt slightly; if you feel nothing, tighten it a bit.

c) Breathing & Awareness

- Inhale: Breathe consciously slow and deep, noticing your lower ribs and abdomen pressing against the belt.
- Exhale: Controlled and slow, noticing the belt yielding.
- Focus on light, slow, deep breathing (LSD), as taught by Buteyko Clinic International.

d) Daily Use & Sleep

- Wear the belt for up to 20 minutes, 2–3 times daily.
- Suitable during sedentary activities such as working at the computer, driving, or watching TV.
- May also be worn during sleep – over nightwear – to help reduce nighttime over-breathing.



4. Seven Key Benefits

- **Improved respiratory performance**
 - Diaphragmatic breathing instead of over-breathing improves the oxygen/carbon dioxide balance, supports lung function, and alleviates symptoms of asthma or COPD.
- **Reduces snoring**
 - Promotes nasal breathing, encourages restful sleep, and improves sleep quality – helpful in cases of sleep apnea or insomnia.
- **Stress and anxiety reduction**
 - Activates the parasympathetic nervous system – gentle breath control lowers stress and blood pressure, while fostering mindfulness.
- **Enhanced athletic performance**
 - Strengthens the diaphragm through resistance – leads to more efficient breathing under load, better oxygen utilization, and reduced fatigue.
- **Asthma prevention & management**
 - Helps correct shallow breathing patterns, reduces asthmatic symptoms, and may lower the need for medication.
- **Digestive support**
 - Deep breathing stimulates the vagus nerve, supports healthy digestion, and relieves stress-related issues such as bloating or indigestion.
- **Independence in breathing training**
 - Simple to use without constant supervision, easily integrated into daily life – encourages body awareness and self-management.

5. Tips for Maximum Effectiveness

- **Consistency is key:** Regular use and mindful breathing quickly turn the pattern into a habit.
- **Adjust for comfort:** The belt should neither feel restrictive nor eliminate all sensation.
- **Active mindfulness:** Use the “air hunger” feedback as a cue to promote focus and relaxation.

