

SYMPTOMS RELATED TO HYPERVENTILATION AND STRESS

Please place tick in space provided. Contact Dr. Glass for more information about Buteyko Breathing Classes.

- shortness of breath
- lack of air sensation
- fast breathing
- yawning when not tired
- sighing
- fear of sultry air
- fast heartbeat
- hypertension
- stiffness or cramps in hands
- loss of feeling in limbs
- deterioration of vision
- Fatigue
- anxiety
- mental fatigue
- lack of concentration
- fear without reason
- apathy
- ringing/buzzing in ear
- loss of hearing
- night sweats
- nightmares
- snoring
- thirsty at night
- allergies
- sinusitis
- prone to colds/flu
- Stress
- impotence
- painful/irregular menses
- gas, bloating, belching
- weight gain
- varicose veins
- muscle pains
- breathing through mouth
- tightness around chest
- difficult to take deep breath
- frequent deep breathing
- dry mouth
- headaches
- tingling in fingers and hands
- cold hands/feet
- trembling or tics
- anemia
- flashes before eye
- confusion
- loss of memory
- feeling tense
- short temper
- irritability
- depression
- dizzy
- Insomnia
- talking in sleep
- wake up tired
- shuddering in sleep
- excessive mucus on waking
- rhinitis
- itchy skin
- nose that blocks regularly
- loss of libido
- pains in heart region
- loss of smell
- weight loss
- diarrhea
- urination at night
- coughing