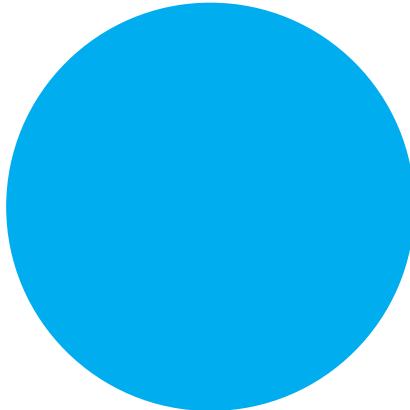
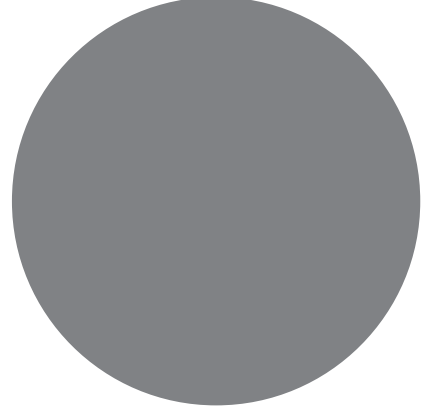
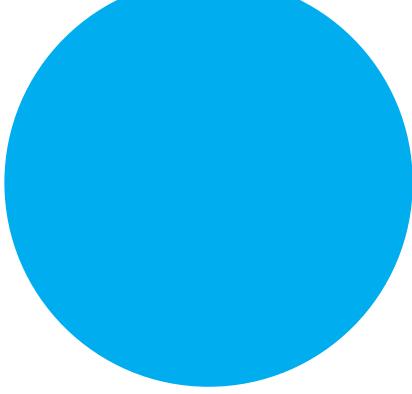


# Active Cycle of Breathing Technique (ACBT)



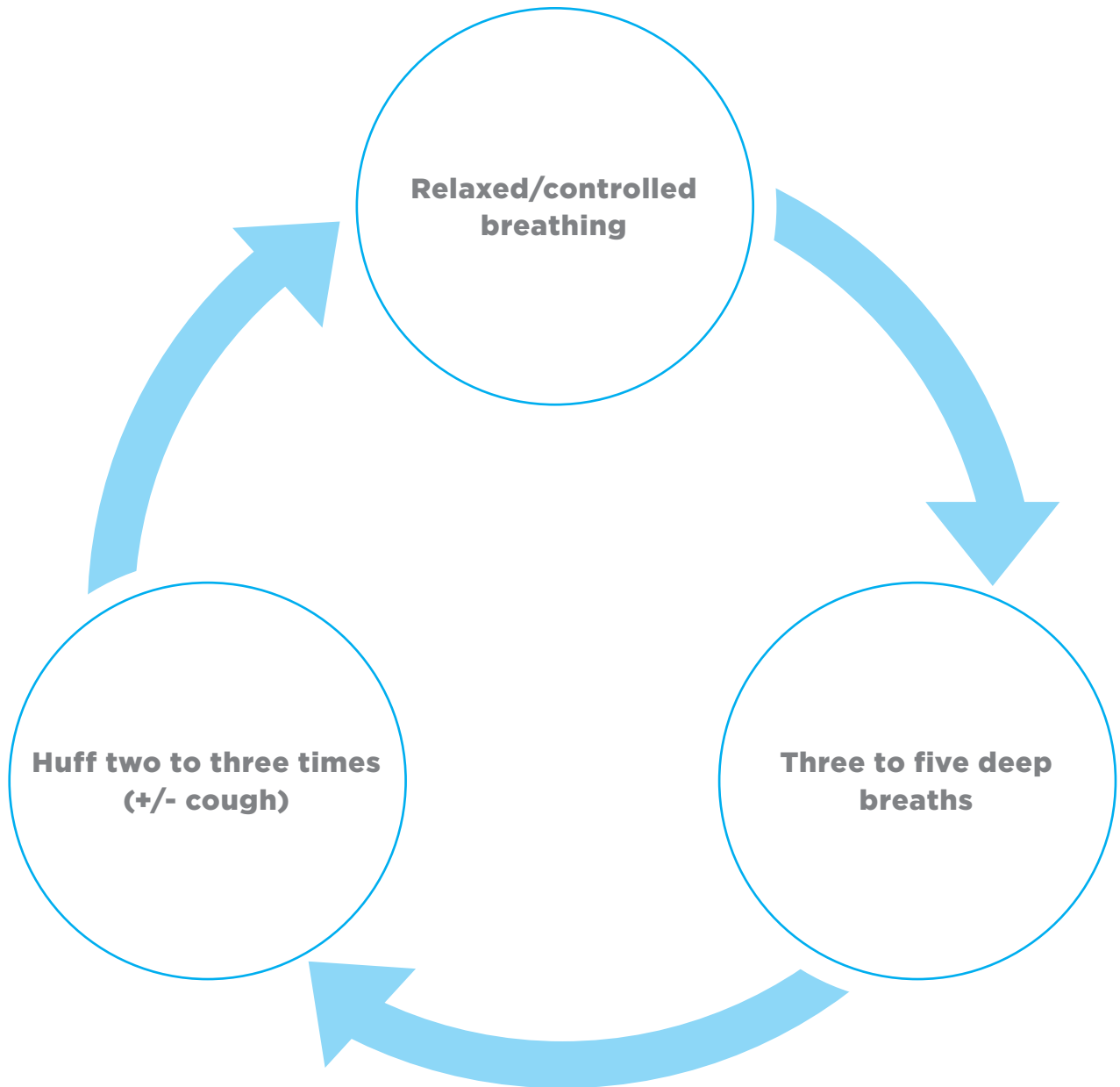


## What is Active Cycle of Breathing Technique (ACBT)?

The ACBT is a technique to help you clear secretions from your chest.

Coughing alone can be tiring and ineffective. The ACBT uses different types of breaths to make it easier to clear secretions by shifting them from the outer part of your lungs towards the main airways.

# A Typical ACBT Cycle



## What Do I Do?

The ACBT can be used in any position that you are comfortable with. Many people find sitting upright the best, but lying on your side can help with clearing secretions.

# Relaxed/Controlled Breathing

This is normal gentle breathing using the lower chest.

1. Rest one hand on your abdomen so that you can feel it rise and fall with your breathing.
2. Breathe in gently feeling your hand rise and your lower chest expand.
3. Breathe out gently allowing your shoulders to relax down. The breath out should be slow. Like a sigh.

## Deep Breathing

1. Breathe in deeply feeling your lower chest expand as far as possible. Keep your neck and shoulders relaxed.
2. Hold the breath for up to three seconds.
3. Let the air out gently.



# Huff

This is a short sharp breath out through an open mouth that helps to force the secretions out.

There are two types of huff:

1. From a medium sized breath in, with a long “squeezy” breath out.
2. From a big breath in, with a shorter sharper breath out.

Start with the first type and progress to the second, using breathing control to recover between huffs.

Remember the huff needs to be through an open mouth, using your abdominal muscles.

# Cough

Only cough if you feel secretions are ready to be cleared.



# When Do I Stop?

Keep doing the cycle until you have done two cycles without clearing any secretion OR until you are tired.

# How Often Should I Do Them?

Use the cycle, instead of coughing alone, when you feel you have secretions to clear.

If you have an infection you will need to do the cycle several times a day to clear the secretions.

Three deep breaths every half hour is a good way to check for secretions and improve ventilation, especially during an infection.





## Adaptations

The ACBT is a flexible tool. You can do more than one set of deep breaths before huffing. Remember to use breathing to control in between.



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