



## Fact sheet

# Positions for when you feel short of breath

We have made this fact sheet to help you when you are feeling short of breath. **Get advice from your GP if being short of breath is new for you, or if your breathing is getting worse.**

These positions may help you to breathe more easily. They can also help you to feel more comfortable when you are short of breath. If you find it difficult to move into these positions, speak to your health care team. They will suggest changes that may work for you.

### 1. Lie on your side

- Lie down on a bed or sofa
- Use pillows or cushions to support your head and chest
- Turn onto your left or right side, and slightly lean onto your tummy side
- Put your lower arm under the pillows
- Rest your top arm on the pillow, supporting your head
- Bend your top leg up

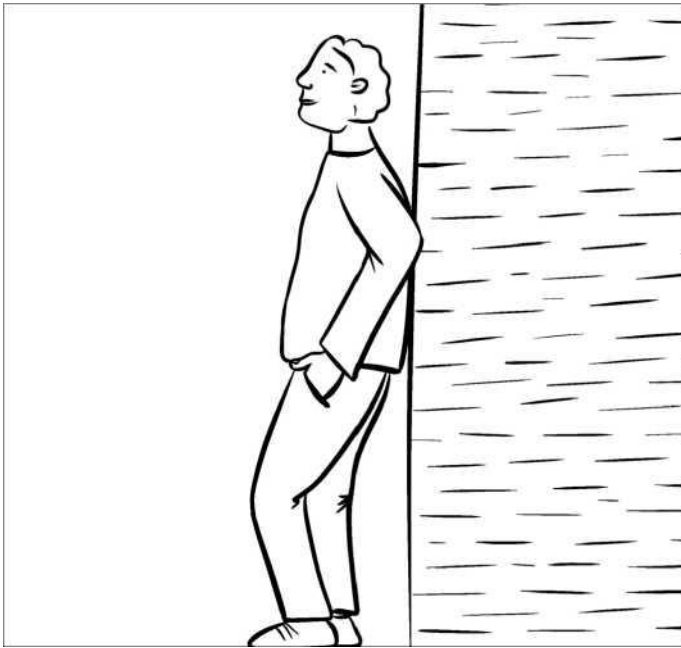
### 2. Lean forward when sitting

- Sit down at a table
- Spread your legs slightly apart
- Relax your arms on the table
- Use a fan or sip water to cool yourself down



### 3. Relaxed standing position

- Lean against a wall
- Hook your thumbs into your pockets or belt for support
- Relax your shoulders, arms and neck



### 4. Lean forward when standing up

- Lean against a countertop or other solid surface
- Keep a comfortable distance between your lower body and the surface
- Relax your hands, wrists and neck



[www.kch.nhs.uk/breathlessness-support](http://www.kch.nhs.uk/breathlessness-support)



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