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“Collaboration for Compassionate Care through World-Class Medicine”

**Resting/Sleeping Respiratory Rate (RRR)**

Patient Name: \_\_\_\_\_ Client Name: \_\_\_\_\_

Count each breath for 30 seconds and multiply the value by two (2) to acquire the breaths per minute (BPM). This is an easy and very important parameter to monitor as an increase in resting respiratory rate may be an early warning sign of impending problems.

Normal respiratory rate when asleep should be less than 30 breaths per minute (BPM). If there is a progressive increase, or anytime the respiratory rate exceeds 30 breaths per minute and is sustained please contact Cardiology Northwest or your primary care veterinarian. If the respiratory rate exceeds 40 breaths per minute and is sustained contact an emergency veterinary hospital.

For additional instructions on how to track your pet’s resting respiratory rate visit the Education section of our website ([heartvet.com](http://heartvet.com)) for “A Heart to Heart” video tutorial.

***Please bring this with you to your future appointments.***

There is a mobile phone/tablet app available for free, titled Cardalis, to help you track your pet’s breathing rate.

Also monitor your pet for the following symptoms and contact us if your pet exhibits any of these:

- Coughing – either a new development, or worsening
- Changes in breathing, difficulty breathing, or shortness of breath
- Changes in behavior such as: lack of energy, tiring easily, lethargy, and activity intolerance
- Sudden difficulty walking
- Collapse or fainting
- Restlessness - especially at night
- Changes in appetite

**Resting Respiratory Rate (RRR) Tracker**

Keep track of your pets resting respiratory rate by completing the table below.

Date	RRR	Date	RRR	Date	RRR	Date	RRR	Date	RRR

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