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“The Buteyko technique, an established and widely recognised intervention, or an intensive programme delivered by a chest physiotherapist appear to provide additional benefit for adult patients with asthma who are being treated with inhaled corticosteroid.”

Cowie RL, Conley DP, Underwood MF, Reader PG. A randomised controlled trial of the Buteyko technique as an adjunct to conventional management of asthma. *Respir Med.* 2008 May;102(5):726-32. doi: 10.1016/j.rmed.2007.12.012. Epub 2008 Jan 31.

“The Buteyko breathing technique can improve symptoms and reduce bronchodilator use but does not appear to change bronchial responsiveness or lung function in patients with asthma.”

Cooper S, Osborne J, Newton S, Harrison V, Thompson Coon J, Lewis S, Tattersfield A. Effect of two breathing exercises (Buteyko and pranayama) in asthma: a randomised controlled trial. *Thorax.* 2003 Aug;58(8):674-9.

“The present study which concluded that the Buteyko breathing exercise which is highly significant efficacy for the management of COPD among the athletes.”

Keyan T, Karthi. (2017). Quantify therapeutic efficacy of buteyko breathing technique on pulmonary functions in chronic obstructive pulmonary disease athletes. *International Journal of pharma and Bio Sciences.* 8. 10.22376/ijpbs.2017.8.4.p103-108.

"The Buteyko method improved the sleep disorders scores, lung function and reduced the number of school absences in children with asthma and mouth breathing." M.P.P. Mendonca, Karla & Macedo, Thalita & A. Freitas, Diana & C.J.S. Silva, Ada & T. Amaral, Cleia & Santino, Thayla & Mckeown, Patrick. (2017). Buteyko Method for Children with Asthma and Mouth Breathing: A Randomized Controlled Trial. [https://www.atsjournals.org/doi/pdf/10.1164/ajrccm-conference.2017.195.1\\_MeetingAbstracts.A2204](https://www.atsjournals.org/doi/pdf/10.1164/ajrccm-conference.2017.195.1_MeetingAbstracts.A2204)

"Asthma control status was associated with pediatric asthma-specific HRQOL (Health Related Quality of Life), and the association was significantly mediated by daytime sleepiness. Healthcare providers need to address pediatric sleep needs related to poor asthma control to reduce the impact on HRQOL." Li Z, Huang IC, Thompson L, et al. The relationships between asthma control, daytime sleepiness, and quality of life among children with asthma: a path analysis. *Sleep Med.* 2013;14(7):641-7.