



# Breathing Kinetics

*Breathe Right = Better Life*

## Nijmegen Questionnaire

The Nijmegen Questionnaire gives a broad view of symptoms associated with dysfunctional breathing patterns.

Using the buttons below, please indicate how often these may be an issue for you.  
A score of over 23 out of 64 suggests a positive diagnosis of hyperventilation syndrome.

	<b>Never 0</b>	<b>Rarely 1</b>	<b>Sometimes 2</b>	<b>Often 3</b>	<b>Very Often 4</b>
Chest pain					
Feeling tense					
Blurred vision					
Dizzy spells					
Feeling confused					
Faster/deeper breathing					
Short of breath					
Tight feelings in the chest					
Bloated feeling in the stomach					
Tingling fingers					
Unable to breathe deeply					
Stiff fingers or arms					
Tight feelings around the mouth					
Cold hands or feet					
Palpitations					
Feelings of anxiety					
<b>Total Score</b>					