

MASK FATIGUE



Improper breathing while wearing surgical or cloth masks can cause anxiety, headaches, increased heart rate, dizziness, and fatigue. Follow these guidelines for better breathing while wearing your mask and help prevent the spread of COVID-19.



TAKE 5 QUALITY BREATHS

A quality breath is a 4 second inhale through the nose, 6 second exhale through the mouth, and a 2 second pause. Repeat 5 times.

- Take 5 breaths before putting on your mask
- Take 5 breaths immediately after you put on your mask
- Take 5 breaths one last time after removing your mask

This technique sets the right pattern and helps prevent your autonomic nervous system from being locked into a dysfunctional breathing system

TAKE LONGER AND SLOWER BREATHS

Notice people around you. Some change their breathing patterns while wearing a mask. Combat this by taking longer, slower breaths while you are wearing yours.



TAKE MASK BREAKS

- If you are wearing a mask for extended periods of time, take breaks from the mask periodically when it is safe
- Breaks between times wearing a mask can reduce the negative effects

RESPIRATORY MUSCLE TRAINING (RMT)

- RMT helps to improve the function of respiratory muscles
- For 5 minutes in the morning and 5 minutes at night, practice RMT
- RMT is valuable in the face of COVID-19 (Severin et al 2020)

