

# Using the MyButeyko App

This App may be used to record your exercises when on a Buteyko training course or can be used as a first step on its own to help improve your breathing.

It is designed to work with any iPhone 3G and above, most Androids and on any PC or Mac computer.

It requires Safari or Google Chrome as your browser.

Download the App to your phone or PC using the following address:  
(Use Wi-Fi to speed the download)

[www.mybuteyko.net](http://www.mybuteyko.net)

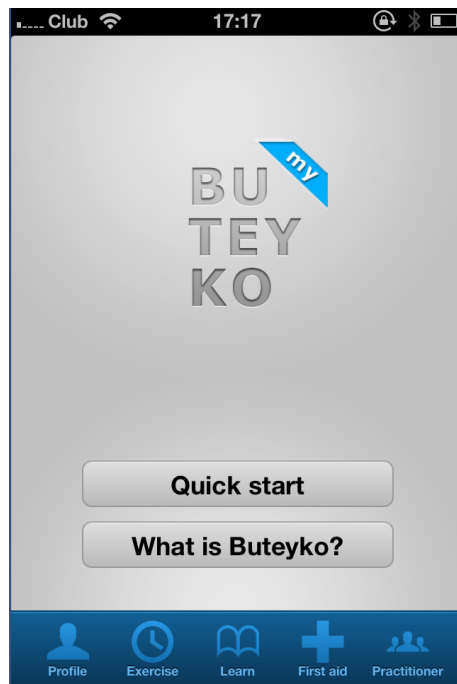
On iPhones once downloaded transfer it to an icon on your home screen by tapping on the arrow below, add icon “MyButeyko” to home screen.

On most Androids you may need to swipe the screen to the right to put the icon on the home screen, check your phone manual if this is different.

On your computer it is just a matter of saving the download as a Bookmark.

You are now ready to start using the App on your phone or computer.

When you tap the icon (or download from computer bookmark) you will see the Home Screen:



You may like to familiarize yourself with the App by going straight to “Quick Start” or “What is Buteyko?” You will see five small icons at the bottom of the screen:

**“Profile”**: Here you may record your personal profile of your personal data, health interests, your own assessment of your current health & wellbeing and more. This will enable you to see all the positive changes in your health & wellbeing as your breathing improves.

**“Exercise”** Hit this icon if you want to check your CP, do a half exercise or a full exercise and also to view your statistics to date.

**“Learn”** This icon will take you to the whole training material, the history, the science, the practical advice, the research and will go a long way to answer any questions you may have about the Buteyko Method.

**“First Aid”** Hit this icon for help with your breathing when it is getting out of control.

**“Practitioner”** This icon will open an international directory of Buteyko Educators & you will be able to see the contact details of all of them and you will be able to

**“Connect”** to those who are registered with MyButeyko and take advantage of real-time monitoring of your exercises by a Buteyko Educator.

### Hints & Tips:

Doing a Control Pause should be totally stress free. Ensure you are relaxed and sitting comfortably, take a normal breath in then breathe out normally and hold your breath at the same time hit the “start” button. When you feel the need to take a breath in, breathe in through your nose and hit the “stop” button. Try not to watch the timer while doing this measurement as it may affect your breath hold time.

Reduced breathing exercises are all about relaxation, the more relaxed you are the more your breathing will reduce. Initially don't try to force yourself to breathe less, that doesn't work it may just make you stressed and increase your breathing rate. Try to close your eyes, only breathe through your nose as quietly as possible and if you can't empty your head of the things you need to do then fill your head with some simple imaginary scene, a garden, sea shore or mountain scene.

The pulse measurement may require a little practice but the more you do it the easy it gets.

The carotid pulse



Don't forget to leave a minutes rest after the second RB before taking your CP.

Don't do an exercise soon after eating, wait at least an hour.

Make sure you are at rest before measuring your CP (It is the breathing rate “at rest”)