

THE SCIENCE OF DEEP BREATHING

DIAPHRAGMATIC BREATHING

[Teaching Diaphragmatic Breathing to Children](#)

[Respiratory Diaphragm Function: Understanding the Muscle that Powers Breath](#)

[The Science of Breathing](#)

[The physiological effects of slow breathing in the healthy human](#)

[Ageing of the Diaphragm Muscle](#)

[The Healing Power of Proper Breathing](#)

[How Breathing Calms Your Brain, And Other Science-Based Benefits of Controlled Breathing](#)

[The Value of Blowing up a Balloon](#)

MOUTH BREATHING & CHILDREN

[Mouth Breathing Syndrome: cervical muscles recruitment during nasal inspiration before and after respiratory and postural exercises on Swiss Ball](#)

[The importance of correct breathing for raising healthy good looking children](#)
[Mouth breathing: Adverse effects on facial growth, health, academics, and behavior](#)

[Walk test and school performance in mouth-breathing children](#)

[Mouth Breathing Causes, Treatments And Consequences](#)

[Clinical Correlates of Carbon Dioxide Hypersensitivity in Children](#)

STRESS & ANXIETY

[The role of deep breathing on stress](#)

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[The Effect of Diaphragmatic Breathing on Attention, Negative Affect, and Stress in Healthy Adults](#)

[How to Keep Your Cool in High-Stress Situations](#)

[How To Manage Anxiety With A Breathing Exercise by Dr Stephen Porges](#)

[A quick way to boost student wellbeing? Deep breathing](#)

[Tools for Managing Stress and Anxiety](#)

[Relaxation techniques: Breath control helps quell errant stress response](#)

[Deep, Slow Breathing: An Antidote to Our Age of Anxiety?](#)

[Take a Deep Breath](#)

[Vision and Breathing May Be the Secrets to Surviving 2020](#)

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[The Influence of Breathing on the Central Nervous System](#)

[Slow-Breathing Curriculum for Stress Reduction in High School Students: Lessons Learned From a Feasibility Pilot](#)

ASTHMA & RESPIRATORY

[Physical Therapy for Children with Chronic Lung Disease](#)

[Breathing exercises for asthma: a randomised controlled trial](#)

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MINDFULNESS

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[Mindfulness Training for Teachers Changes the Behavior of Their Preschool Students](#)

[A school-based health and mindfulness curriculum improves children's objectively measured sleep: a prospective observational cohort study](#)

[Impact of a mindfulness-based stress reduction program from the perspective of adolescents with serious mental health concerns](#)

SLEEP

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[Association of Sleep-Disordered Breathing With Cognitive Function and Risk of](#)

[Cognitive Impairment: A Systematic Review and Meta-analysis](#)

PSYCHOLOGY OF BREATHING

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LEARNING AND FOCUSED ATTENTION

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SPECIAL NEEDS (AUTISM)

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ATHLETIC PERFORMANCE

[How to Build Endurance in Your Brain and Body](#)

[Diaphragmatic breathing reduces exercise-induced oxidative stress](#)

[Dysfunctional breathing and reaching one's physiological limit as causes of exercise-induced dyspnoea](#)

[Breathe better, Move Better](#)

[How your breathing can help you run faster with less effort](#)

DYSFUNCTIONAL BREATHING

[Dysfunctional breathing: what do we know?](#)

[Breathing pattern disorders and physiotherapy: inspiration for our profession](#)

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[Point Prevalence of the Biomechanical Dimension of Dysfunctional Breathing Patterns Among Competitive Athletes](#)

COVID, NITRIC OXIDE & HEALTH

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[Nitric Oxide and Mouth Breathing](#)

[Immune Protective Effects of Nasal Breathing and Nitric Oxide in the time of COVID-19](#)

PAIN

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INTEROCEPTION

[Interoception of breathing and its relationship with anxiety](#)

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[Mindfulness, Interoception, and the Body: A Contemporary Perspective](#)

DIGESTION

[How Stress Affects Digestion](#)

COHERENT BREATHING & HRV

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