**MEASURE CONTROL PAUSE**

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The (CP) control pause measurement is a way that breathing health can be measured, and progress can be tracked. The goal is for CP is to increase over time, ideally reaching to the 30-40 range. When your CP is higher, this indicates a higher body oxygen level, meaning that the body tissues are receiving adequate amounts of oxygen.

Here is an explanation of the control pause:

* 40 seconds is healthy and ideal
* 30-39 seconds indicated mild breathing/airway issues
* 20-29 seconds indicates moderate breathing/airway issues
* 10-19 seconds indicates unhealthy breathing, along with symptoms of a blocked nose, snoring, insomnia, asthma, short breath, or coughing
* 0-9 seconds indicates unhealthy breathing and severe airway issues

1. Take a small, quiet inhale and a small, quiet exhale.
2. Pinch your nose on the exhale
3. Time yourself to see how long it takes until you have the first distinct desire to breathe in. This is not a test to see how long you can hold your breath.
4. Un-pinch your nose and record the time. This number is your CP number.

**TIPS:**

* This should be done first thing in the morning on an empty stomach.
* When you release your nose, your inhalation and exhalation should stay the same. If you are gasping for air, then you waited too long, and the CP is not accurate. Let your breathing return to normal and to the test again.
* This is not an exercise, just a tool for measuring progress.