

Respiratory Movements

- 1 inspiration + 1 expiration = 1 respiration
- Normal adult = 14 - 20 respirations per minute
- Increases with exercise, body temperature, certain diseases.
- Age - newborn = 40-60/min
- Sleep = respirations ↓
- Emotion can ↑ or ↓ rate



Coughing – deep breath followed by forceful expulsion of air – to clear lower respiratory tract.

Hiccups – spasm of the diaphragm and spasmodic closure of the glottis – irritation to diaphragm or phrenic nerve



Sneezing – air forced through nose to clear respiratory tract

Yawning – deep prolonged breath that fills the lungs, increases oxygen within the blood

