My Pet's Sleeping Respiratory Rate Tracker

Name:

VETERINARY CARDIAC CARE SD

Monitoring Your Pet's Breathing Rate

Counting your pet's breathing rate helps us assess for fluid in the lungs, a sign of congestive heart failure (CHF). Depending on the severity of your pet's condition, you may be asked to check the breathing rate as often as once a day or as infrequently as a few times per month. We are looking for the **slowest breathing rate** observed in a **12–24 hour period**, ideally when your pet is **resting or sleeping comfortably**. A **slow** breathing rate generally indicates **no or minimal fluid** in the lungs, as fluid buildup typically causes faster breathing. To measure the respiratory rate, count the number of breaths in **15 seconds** and multiply that number by **4** to calculate breaths per minute (bpm). Look for a rate of **less than 30 bpm** during sleep, which is usually consistent with a normal (fluid-free) state. In an awake but resting pet, a normal rate is generally **less than 40 bpm**. Breathing rate can vary throughout the day, so it's important to measure it **in a calm environment**. Avoid counting during or right after activity, excitement, anxiety, dreaming, or panting, as these can all cause temporarily elevated rates. It is best to monitor the rate visually rather than by touch. Also pay attention to the **effort of breathing**–note any increased abdominal movement or signs of labored breathing. Consistently elevated or increasing breathing rates can signal a problem. Keeping a **log** of your pet's breathing rates can help detect early changes or trends over time. You may find the **"Cardalis" app** helpful for tracking and logging breathing rates.

date	breathing rate (breaths per minute) BPM	resting(R) sleeping(S) awake(A)?	other observations? (ie cough, weakness, lethargy, heat, recent activity, etc.)	date	breathing rate (breaths per minute) BPM	resting(R) sleeping(S) awake(A)?	other observations? (ie cough, weakness, lethargy, heat, recent activity, etc.)

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