



Sleeping Respiratory Rate Chart

Introduction

Sleeping Respiratory rate (SRR) is the number of breaths per minute. Congestive heart failure (CHF) is characterised by accumulation of fluid in the lungs, which eventually causes fast and laboured breathing. The presence of CHF should be confirmed with chest radiographs. However, measurement of RR represents a simple way to monitor onset and progression of the disease, as well as the response to medical treatment.

How to measure respiratory rate

Normal SRR (less than 30 breaths per minute-bpm) is assessed when the cat is asleep in a quiet environment. With a watch, count the number of breaths (deep movements of the chest) for one minute. Do not attempt to count breaths if your cat is not fully asleep or purring. In case of abnormal counts, please repeat the measurement after a few minutes. The SRR significantly increases in cats in CHF. Please contact us if your cat's SRR increases consistently over a few days or if his/her breathing appears laboured. However, other conditions can increase the SRR, such as exercise, excitement and pain. This is why it is important to measure it when your cat is asleep.

Using the Smartphone application

You can monitor your pet's SRR using free apps for your Smartphone, such as "CARDALIS". Results can be emailed directly to your veterinary surgeon or cardiologist.

Date	Time	RR (bpm)

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