



How to Record Sleeping Respiratory Rate (SRR) In Your Pet

1. Make sure your pet has been asleep for at least 15 minutes but not in active sleep with paddling or twitching (nice and restful!)
2. Make sure your pet is lying on their side or on their chest
3. Place a silent timer on your phone (or you can use the Cardalis monitoring App)
4. Count how many breaths your pet takes over 15 seconds- one breath is one full cycle of chest movement in and out
5. **No. of breaths in 15 seconds x 4 = no. of breaths in 1 minute**
6. SRR should be recorded on a daily basis at least 1-2 x weekly, at the same time every day.

Please contact us if:

- If your pet's SRR is consistently >30 breaths/min, or
- Your pet's SRR has started to consistently increase from its average value

NOTE: Please do NOT count your pet's SRR if they are panting.

Alternatively you can download the **Cardalis App** on your Smartphone.