

## Stacked Sniff Technique

Use this technique if you have sudden onset shortness of breath, have difficulty getting your air **in**, and/or have a wheeze on inspiration (stridor). These are clues that your vocal cords are behaving in a paradoxical way, i.e., partially closing on inspiration, rather than opening. This is called vocal cord dysfunction or VCD. The following manoeuvre should help to “reset” your vocal cords.

- Try and relax as much as you can. Feeling short of breath can make you feel anxious
- After a normal exhalation, take 4 or 5 sniffs through your nose **without** breathing out between sniffs. You are stacking the sniffs one on top of the other.
- Now when you breathe out, make sure your tongue is flat against the floor of your mouth. Making the “SSS” sound will force your tongue to the floor of your mouth.
- Repeat the procedure until you feel your breaths in are less effortful

*This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.*