

Sleeping Respiratory Rate

A sleeping respiratory rate (SRR) is the number of times your pet takes a full breath (in and out) over a one minute period while at rest or sleeping. Elevated SRR can be indicative of congestive heart failure (accumulation of fluid in and around the lungs). Being familiar with your pet's normal SRR will help you identify these changes quickly, possibly preventing an emergency hospitalization and oxygen therapy.

A normal SRR for dogs and cats is less than 35 breaths per minute. While some pets have a SRR significantly lower than this, respiratory rates greater than 40 breaths per minute while sleeping/resting, are considered abnormal. If your pet has SRR over 40 breaths per minute but is **not** showing signs of difficulty breathing or an increase in coughing, recheck their SRR in 30-60 minutes. If your pet is coughing or breathing with effort combined with their increased SRR, please contact your RMVC team immediately.

How to take a Sleeping Respiratory Rate

- Wait until your pet is resting or sleeping (not dreaming)
 - Count full breaths (in and out) for 15 seconds
 - Multiply by 4 for breaths per minute

Number of breaths for 15 seconds X 4 = Breaths per minute

Visit the app store today to download [Cardalis](#). A free app designed to help pet owners calculate Sleeping Respiratory Rates.

