Monitoring Your Cat's Sleeping Respiratory Rate

DIRECTIONS

When your cat is sleeping or resting soundly, count the number of times his/her chest goes up and down over 15 seconds. Multiply this number by 4 to calculate breaths per minute.

A normal sleeping respiratory rates is less than 40 breaths per minute. Sleeping respiratory rates greater than 60 breaths per minute, increased respiratory effort, or open-mouth breathing, may indicate an emergency, and your pet should be evaluated by a veterinarian immediately.

WHY WE MONITOR SRR

Tracking sleeping respiratory rates (SRR) at home is an excellent way to monitor for early signs of congestive heart failure, as well as to assess your cat's response to medication changes.

The chart on the reverse side is designed to make tracking your cat's SRR easier.

Challenges to Monitoring SRR at Home

A true SRR can be hard to obtain in a cat because cats frequently will not sleep in front of us! Therefore, we typically recommend trying to get a resting respiratory rate, although if you can, a sleeping respiratory rate is ideal.

If you are having difficulty counting the breaths while keeping time, there are several phone apps available to help you. If you have an iPhone, the Cardalis app can be easily downloaded for free.

Geri Lake-Bakaar,
DVM, DACVIM, *(Cardiology)*

Our **exceptional, compassionate care** is available via mobile appointments at various veterinary hospitals and stationary cardiology appointments at **Animal Urgent Care** (Arvada) and **Veterinary Specialists of the Rockies** (Castle Rock).

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SLEEPING RESPIRATORY RATE

Your Cat's Name [   ] **Please monitor respiratory rates** [   ] **times daily / weekly.**

Date	Time	Respiratory Rate (breaths per minute)	Sleeping (S) or Resting (R)