



Magic 7's

MORNING ROUTINES

1 Self-Check

Begin your morning by checking in with your body.

- **Pulse oximeter:** Is your SpO₂ and heart rate in your normal range?
- **Chest tightness:** Do you feel any pressure or discomfort?
- **Breathing effort (BORG Scale):** How hard is it to breathe right now?
- **Congestion:** Do you have any phlegm or mucus today?

2 Clear the Air

If you are feeling congested, don't wait — clear it out

- Take a deep breath in, then cough firmly to help clear mucus.
- Do this a few times until your chest feels more open.

3 Use Your IS

Keep those lungs strong and open

- Use your Incentive Spirometer (IS) 3 times.
- Take your respiratory medications as prescribed.
- Feeling chest tightness? Wait 5 minutes, then try your IS again.

4 Lung Stretches

Get your lungs moving

- Inhale deeply, twist your torso to one side and hold for 5–6 seconds.
- Exhale and return to center.
- Repeat left and right to help loosen the chest muscles.

5 Delta V Breathing

- Set your Delta V to a light setting (2 or 3).
- Twist side to side as you breathe:
 - 4 seconds in,
 - 4 seconds out.
- Do this for a few minutes to wake up your lungs.

6 Plan Ahead

Make your day easier with a quick plan.

- Check the weather, air quality, and pollen levels.
- Make sure your oxygen tank will last for the day.
- Take your quick-relief inhaler if needed before heading out.

7 Eat to Fuel Your Day

Choose the right breakfast to support your lungs.

- Go for high protein, low-carb meals.
- Too many carbs can make you feel sluggish.
- Remember: Eat well, breathe well, perform well.

