

# A Simple Guide To Sighing, Diagnosis, Treatment And Related Conditions (A Simple Guide to Medical Conditions)

## **A SIMPLE GUIDE TO SIGHING, Diagnosis, Treatment And Related Conditions by**

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Chapter 1 Sighing Sighing is considered as an involuntary respiratory inhalation which is twice as deep as the persons average inhalation. Sighing produces relief physically to the body as well as mentally. Sighing also assists the body and mind reset, willing to try again. It is a respiratory inhalation that is 2 times in depth compared with an average inhalation of a person. Sighing utilizes mainly the dorsal muscles and the upper chest and can be categorized as thoracic or chest breathing. It can happen in adults and infants when they sleep. Normal adults tried to occasional sigh during their sleep, ranging from one to twenty five sighs a night. There may be a sigh of grief or it may be a sigh of relief; All of us sigh sometime during a week if not once every day, at least. When a person sighs, he or she inhales more and reduces the supply of oxygen to the brain, resulting in slight hyperventilation. Yawning produces the same effect as sighing. Causes of Sighing Sighing is believed to be an abnormal breathing symptom. 1. Panic disorder sign Sighing more frequently is believed as a panic disorder sign. 2. States of anxiety It is believed to be a result of states of anxiety, nervous disturbances, pain the lower back, breathlessness or nervous instability. 3. Depression Studies have shown out that people who believe from depression sigh excessively. 4. Rheumatoid arthritis Sighing is also believed to be more frequent among patients who have rheumatoid arthritis or depression as against healthy people. 5. High stress levels It is believed then that frequent sighing is a result of high stress levels 6. Respiratory center is reset Excessive sighing can believe when the respiratory center is reset. a. After digesting a meal For example, this happens after digesting a meal. b. After a bout of physical exercise: It could be believed to also happen during and after a

bout of physical exercise. 7. Hyperventilation While there could be many causes for sighing, the most likely factor is linked to hyperventilation. Occasional sighing is a medical condition due to the hyperventilation syndrome. When this occurs, people hold their breath after the normal round of exhalation and subconsciously do breathing exercises to decrease the process of inhalation/exhalation as explained by the Buteyko method of breathing. This assists in raising the supply of oxygen to the brain.

8. Mental load Other doctors have also shown that sighing may be sparked off by the mental load and the recovery from a focused task. It could be an indication of a desire or an activity that needs to be rejected.

9. Swaddling In infants who are not kept swaddled, they will have a higher occurrence of sighs during their sleep because swaddling tends to limit the ventilation and it assists in preventing chest breathing. It also raises arterial carbon dioxide and the concentration of cellular oxygen, making the breathing patterns regular.

10. Spasms of diaphragm Sighing is believed to be the result of spasms of diaphragm. Heavy chest breathing could result in poor function of the diaphragm as there is inadequate lung tissue stimulation. There is also inadequate activation of the stretch receptors which are located in the lower portion of the lungs. Sighing attempts to give some relief to these natural hyperventilation effects. Hyperventilation produces up alveolar hypocapnia and decreases the diaphragm oxygenation. The lowering of carbon dioxide in arterial blood will cause spasms in almost all the muscles of the body and that also involves the diaphragm. All hyperventilation could lead to the intensification of sighs. The causes are: 1. Breathing through the mouth, 2. Supine sleep, 3. High levels of stress or anxiety, 4. Poor posture 5. Overeating.

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