



How to: Record a resting respiratory rate

Overview

- This guide is designed to help you if you need to record your pet's resting respiratory rate (RRR).
- Resting respiratory rate (or resting breathing rate) is simply how many breaths your pet takes each minute while they are resting or sleeping.
- Your vet may ask you for your pet's resting respiratory rate so they can get an idea of how your pet's heart and lungs are functioning when they aren't affected by stress, excitement, or exercise.
- Use our handy record chart and follow our step by step guide to get an accurate idea of your pet's RRR.

Step by step guide

Equipment needed:

- A stopwatch/clock that counts seconds
- A pen and paper

Guide



1. Wait until your pet is relaxed and resting, or sleeping (but not dreaming)
2. Keep a good distance from them so you don't disturb them



FAQ's

Why can't my pet be dreaming when I take their RRR?

It's best to take your pet's resting respiratory rate while they are sleeping but not dreaming – this is because dreaming often speeds up breathing so it would give an inaccurate result.

What's the normal resting respiratory rate for a cat?

The normal resting respiratory rate for a cat is between 16 and 40 breaths per minute.

What's the normal respiratory rate for a dog?

The normal resting respiratory rate for a dog is between 15 and 35 breaths per minute.

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