

Monitoring Your Cat's Sleep Respiratory Rate

Adapted from Sleeping Respiratory Rate Log by Mark D. Kittleson, DVM, PhD, DACVIM (Cardiology)

It may be that your cat has been diagnosed with heart disease, or we are concerned that heart disease is a possibility. We would like you to monitor your cat's respiratory (breathing) rate while sleeping. An increase in breathing rate may suggest that your cat may be experiencing advanced heart disease, with fluid build-up in the lungs. By doing this, we can identify fluid build up early, which will help your cat get treatment early rather than waiting for your cat to develop labored or difficult breathing.

How to Calculate Your Cat's Sleeping Respiratory Rate (sRR)

- Your cat should be sound asleep in a cool place before counting begins.
- Count the number of times your cat's chest moves in and out (in and out together counts as one breath) over a period of 15 seconds, accurately timed using a clock or watch.
- Multiply that number by 4 to calculate the number of breaths per minute.
- Record the breaths per minute in the sRR column in the table below.
- Take up to 3 readings each time.

Please monitor your cat's sRR _____ times per day/week/month. (Your veterinarian will tell you how frequently to monitor.)

Date/Time	sRR	sRR	sRR	Comments

WHAT IS NORMAL	WHEN TO ACT
Normal sRR is fewer than 30–40 breaths per minute.	Call your veterinary team (or the veterinary practice) if your cat's sRR is 40 or greater. Our phone number is: _____
	Call your veterinarian/our practice if your cat's sRR is 50 or greater. If the practice is closed, please call: _____ _____