

# Shortness of Breath Scale

(Borg Dyspnea Scale)

## What is it?

The numbers on the scale help you describe how out of breath you feel.

## Why do we use it?

It is a way to rate how short of breath you are when doing different activities. Over time you will become more aware of how you normally feel during these activities (your “baseline”).

This helps you:

- know if you are experiencing a change in your condition.
- adjust the intensity of your activities.

0	NOT AT ALL
0.5	VERY VERY SLIGHT (JUST NOTICABLE)
1	VERY SLIGHT
2	SLIGHT
3	MODERATE
4	SOMEWHAT HEAVY
5	HEAVY
6	
7	VERY HEAVY
8	
9	VERY VERY HEAVY
10	MAXIMAL