Resting Breathing Rate Log

The single best early-warning sign you can track at home

PETSLIKEMINE
HEART HEALTH

PET NAME	USUAL (BASELINE) RATE	VET PRACTICE	OUT-OF-HOURS

Counting your pet's breaths while they sleep is the earliest, most reliable warning that fluid may be building on the heart, often days before they seem unwell. It takes a minute and costs nothing. Count it on quiet days too, so you know their normal.

HOW TO COUNT IT

Wait until your pet is asleep or fully resting and settled. One breath is the chest rising and falling once. Count for 30 seconds and double it, or a full minute. A healthy resting rate is usually under 30 breaths a minute. Learn their own normal and watch for a change from it.

DATE	TIME	BREATHS / MIN	ASLEEP?	NOTES

PHONE THE VET IF

The resting or sleeping rate climbs and stays above about 30 to 35 breaths a minute, or rises clearly above your pet's own usual number, especially with more effort, restlessness at night or a worsening cough. Fast or laboured breathing while at rest is urgent, go in.

Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.

How to use. Count on calm days to learn the baseline, then watch for a rise. A steady climb over a few days is the signal; bring this log to every recheck.

A RISING RESTING RATE IS A REASON TO RING