

Sighing Dyspnea

(Sigh Syndrome)

Sighing dyspnea occurs when someone feels a strong urge to take repeated deep breaths, often because they feel like they can't get enough air. The urge is irregular and can occur once a minute or several times a minute and may continue on-and-off for days to weeks. This usually causes anxiety.

- These are frequent forced deep breaths that end in a long, loud sigh, while your normal breathing stays shallow.
- Each deep breath may feel blocked or difficult, which can be stressful. These episodes come on without a clear cause and can last for days or even weeks. However, unlike true dyspnea, they don't interfere with speech.
- This sighing usually goes away during sleep. It can happen both when you're resting or being active.
- Simple reassurance often helps people feel better.
- These symptoms often begin after a big life change or stressful event.
- Asthma medications usually don't help.
- It is not linked to heart or lung disease.
- The condition is harmless and tends to go away on its own.

