Oxygen - O₂

Carbon Dioxide - CO₂

Normal Breathing

Hemoglobin (HG) in Blood Transports Oxygen to Body

Effects of Hyperventilation (Over-Breathing) & Resulting Physical Sensations

Hyperventilation Changes Balance of O₂ & CO₂ in Blood

↑ O₂ + ↓ CO₂ = Blood Alkalinity

Change in HG Function (Less O₂ Released to Other Cells)

Narrowing of Blood Vessels

Less Oxygen to Body Parts

Specific Sensations:
- Brain: Dizziness, Lightheaded, Confusion, Blurred Vision, Unreality
- Respiratory: Breathless, Choking, Smothering, Not Enough Air
- Peripheral: Tingling, Cold Hands, Clammy Hands, Muscle Stiffness

Secondary Sensations from Exertion: Hot, Flushed, Sweating, Fatigue, Chest Pain

Reminder: Hyperventilation is part of normal body response and is harmless.