

**Table 5** Postal questionnaire sent to subjects at least 6 weeks after completing the study

Question	Answer	Control (n=24/29)	Buteyko (n=23/30)	PCLE (n=25/30)
1. How many minutes per day on average did you practise your breathing exercises?	0–5	3		5
	6–10	3		6
	11–20	6		5
	21–30	10		8
	>30	1		1
		Median 11–20		Median 11–20
2. How many times per day on average did you practise your breathing exercises?	<1		0	
	1		1	
	2		22	
	3 or more		0	
3. How many nights on average did you tape your mouth?	0		4	
	1–2		3	
	3–4		2	
	5–6		6	
	Every		8	
			Median 5–6	
4. How many times per week on average were you unable to practise your breathing exercises?	0	4	6	3
	1–2	13	14	15
	3–5	4	3	6
	6–10	0	0	0
	>10	2	0	1
		Median 1–2	Median 1–2	Median 1–2
5. Would you have liked more contact with Buteyko trainers during the study?	Yes		9	
	No		14	
6. Have you continued to use your breathing exercises since finishing the study?	Yes	9	16	12
	No	15	7	13
7. If you practised the exercises less as you went through the study or if you decided to withdraw from the study what were your reasons?	Lack of time	6	2	5
	Lack of efficacy	7	2	8
	Not keen on technique	4	1	2
	Boredom	1	2	1
	Health reasons	0	3	1
	Asthma improved	3	3	1
	Other	0	1	1
Total no of respondents (some subjects gave more than one reason)		11	11	16

PCLE=Pink City Lung Exerciser.