



Fun Facts About the Respiratory System

Did you know...?

- ✓ Breathing isn't as much about bringing oxygen in, but about pushing carbon dioxide out.
- ✓ Only about 21% of room air is oxygen.
- ✓ We lose about 12 oz. of water daily through respiration.
- ✓ If both of our lungs and all the alveoli (the tiny sacs where air exchange occurs) were flattened out, they would be about the size of a tennis court.
- ✓ The average person can only hold their breath for a maximum of 30-60 seconds. However, there are some people that can hold it for up to 20 minutes! *(Do not attempt, it takes extensive training and could cause serious injury!)*
- ✓ Adults breathe about 12-15 times per minute while newborns breathe about 30-60 times per minute.
- ✓ When our brain senses a shortage of oxygen, it triggers us to take a long deep breath...or to YAWN.
- ✓ You may notice that around sunset and sunrise, a shift will occur between which nostril you are breathing through.
- ✓ Mouth breathers tend to have more illnesses, sore throats and ear infections, this is thought to occur because the air is not filtered by the nose first.
- ✓ Your left lung is often smaller than the right to allow room for the heart.

Source: www.healthworldeducation.org

