

Hyperventilation

Is breathing too deeply and faster than normal. This causes too much carbon dioxide to be exhaled. As a result, levels of carbon dioxide in the blood and brain tissue drop.

Signs & Symptoms

Your heart pounds.

It feels like you can't get enough air.

You feel tingling and numbness in the arms, legs, and around the mouth.

You feel a sense of doom.

You may pass out.

Symptoms usually last 20 to 30 minutes, but seem to last hours. Though scary, hyperventilation is not usually dangerous.

Causes

Anxiety is the most common cause.

Panic attacks

Central nervous system problems.

Treatment

Self-care may be enough to treat hyperventilation. If it persists or occurs with other symptoms, seek medical care.