

**Measuring Resting Metabolism, or Resting Energy Expenditure (REE):**

Before you start, we recommend you practice breathing through the mouthpiece and T-joint assembly (without attaching it to the Tracker) for at least 2 minutes, while wearing the nose clip.

**Note:** Resting measurements can only be taken after you pass the New User training – this is designed to ensure the accuracy of your measurements.

1. Be comfortably reclined on a bed or chair (your head supported by a cushion)
2. Your environment should be quiet and at a temperature that is comfortable for you.
3. The ideal time to measure is immediately upon waking, with overnight (8-hour) fasting. Wait at least 4 hours if you've eaten a moderate (~500 kCal) meal.
4. Wait at least 4 hours after moderate exercise; at least 12 hours after strenuous exercise.
5. To ensure you are truly in a "resting" state, check your heart rate by feeling your pulse or using a heart monitor.
6. Once you are ready, the App will guide your measurement.

**Measuring Momentary Metabolism, or Momentary Energy Expenditure (MEE)**

MEE measurements can be conducted before and after a variety of exercises or even after eating. For example, you can track your MEE and Energy Source (Respiratory Quotient, RQ) change with aerobic training, then compare your MEE and RQ change with weight training\*.

**Note:** Momentary measurements can only be taken after completing two successful Resting Metabolism measurements.

1. Be seated in a quiet environment that is at a comfortable temperature for you.
2. Place the nose-clip over your nose, and at 1-minute intervals, try breathing through the mouthpiece/T-joint assembly (not yet attached to the Tracker).
3. Once you can breathe easily for 2 minutes straight, then continue following the App to guide your measurement.

**To share your experiences and to learn from other Breezing users, please email us at [info@breezing.co](mailto:info@breezing.co). We'd love to hear from you!**

\*For an in-depth study of High Intensity Interval Training (HIIT) intervention and Breezing tracking, please see: <http://breezing.co/downloads/Breezing-EPOC-Tracking-Exercise-Afterburn.pdf>