

## DEEP BREATHING REFERENCES

Haghani, F, & Shariatpanahi, k 2011, 'Influence of Stretching and Deep Breathing Exercises on Test Achievement Scores of Medical Students in Isfahan Medical University, Iran', *Iranian Journal of Medical Education*, vol. 11, no. 1, pp. 1-8.

Khng, KH 2017, 'A better state-of-mind: deep breathing reduces state anxiety and enhances test performance through regulating test cognitions in children', *Cognition & Emotion*, vol. 31, no. 7, pp. 1502-1510. Available from: 10.1080/02699931.2016.1233095. [29 November 2017].

Perciavalle, V, Blandini, M, Fecarotta, P, Buscemi, A, Corrado, D, Bertolo, L, Fichera, F, Coco, M, & Di Corrado, D 2017, 'The role of deep breathing on stress', *Neurological Sciences*, vol. 38, no. 3, pp. 451-458. Available from: 10.1007/s10072-016-2790-8. [29 November 2017].

Pettersson, H, Faager, G, & Westerdahl, E 2015, 'Improved oxygenation during standing performance of deep breathing exercises with positive expiratory pressure after cardiac surgery: A randomized controlled trial', *Journal Of Rehabilitation Medicine*, vol. 47, no. 8, pp. 748-752. Available from: 10.2340/16501977-1992. [29 November 2017].

Yadav, G, & Mutha, PK 2016, 'Deep Breathing Practice Facilitates Retention of Newly Learned Motor Skills', *Scientific Reports*, vol. 6, p. 37069. Available from: 10.1038/srep37069. [29 November 2017].