

Capnometers are good for monitoring day after day or long-term progress, if it is done in the same conditions (e.g., for publications and credibility).

If one uses capnometers to check reduced breathing, be ready for the opposite effect: the less one breathes, the more CO₂ they accumulate, and the less CO₂ they exhale resulting in lowered etCO₂ numbers (plus small tidal volume effect). Vice versa, the deeper one breathes, the higher etCO₂ reading during testing.

Also, when people who come with Buteyko/Hatha yoga background have any device under their nose, this make their breath reduced/shallow, regardless of distraction factors, while others ("naive subjects") will practice deep breathing when they aware or pay attention to their breath. (Just ask naive people to count their Respiratory frequency and they say that they have 10, 8 or 6 breaths per min, instead of real 18-22 they really have. Buteyko taught that for his RB method we should ignore the Rf.) This will mess up all results (CO₂ - CP link), as in Rosalba's paper.