

Enrollment

Assessed for eligibility (N=13)

Excluded (N=0)

- Not meeting inclusion criteria (N=0)
- Declined to participate (N=0)
- Other reasons (N=0)

Randomized (N=13)

Allocation

Perlite Wet (PW) breathing

Allocated to intervention (N=4)

- Received allocated intervention (N=4)
- Did not receive allocated intervention (N=0)

Randomized (N=4)

PD breathing (N=2)

S breathing (N=2)

PD breathing (N=2)

S breathing (N=2)

Analysis

Analysed (N=4)

- Excluded from analysis (N=0)

Perlite Dry (PD) breathing

Allocated to intervention (N=4)

- Received allocated intervention (N=4)
- Did not receive allocated intervention (N=0)

Randomized (N=4)

PW breathing (N=2)

S breathing (N=2)

PW breathing (N=2)

S breathing (N=2)

Analyzed (N=3)

- Excluded from analysis (N=1)

Snow (S) breathing

Allocated to intervention (N=5)

- Received allocated intervention (N=5)
- Did not receive allocated intervention (N=0)

Randomized (N=5)

PD breathing (N=3)

PW breathing (N=2)

PD breathing (N=2)

PW breathing (N=3)

Analyzed (N=4)

- Excluded from analysis (N=1)