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# Borg scale

When you become breathless, it may help to give your family, friends and healthcare professionals a clear idea of how bad the breathlessness is.

You can point to the Borg scale during episodes of breathlessness, or use the score to help others understand how much support you need.

0	Nothing at all
0.5	Very, very slight (just noticeable)
1	Very slight
2	Slight (light)
3	Moderate
4	Somewhat severe
5	Severe (heavy)
6	↓
7	Very severe
8	↓
9	↓
10	Very, very severe

Borg, G. Psychophysical bases of perceived exertion. *Medicine and Science in Sports and Exercise*. 1982. 14:377. Lippincott Williams & Wilkins.