

# RAD Respiratory Rate (BPM)

The normal respiration rate for an adult at rest is 12 – 20 breaths per minute (BPM)

Each revolution of the motor equates with a breath.

1 Breath = 1 Revolution	1 Breath per Minute (BPM) = 1 Revolution per Minute (RPM)	
12BPM	12RPM	1 revolution in 5 seconds.
15BPM	15RPM	1 revolution in 4 seconds.
20BPM	20RPM	1 revolution in 3 seconds.