

The pocket device for training respiration has a body and the appliance for attaching the device to the face. The chamber of the body comprises the appliance controlling the volume of the transformed air and the physical load applied to the respiratory system providing for shifting the respiration towards the endogenous pattern and ensuring the inhalation. The chamber of the body is designed as a box with the bottom and the movable cover. The appliance controlling the volume of the chamber and controlling the physical load applied to the respiratory system represent two bypass openings in the movable cover equipped with the identical hinged shutters with the handles, the bypass slits, and the index scales. The appliance controlling the volume of the chamber is designed as the screw pair installed inside. Oppositely, at the bottom of the chamber the naso-oral valve is installed representing the elastic flat filling capsule with the microopenings perforating its surface. The appliance for attaching the device to the face is designed as the mouthpiece installed in the opening at the bottom of the body and being able of moving inside and outside the body of the device.