

A timer for the breathing exercises and the inhalation therapy contains the timer itself, the ring carrier depicting the mode of the exercises and the breathing regimen. The device also contains the support hinged with the timer itself. The timer is designed as the dial with the floating second hand. The ring carrier depicting the mode of the exercises represents the information disk with the alphabetic and numerical marks. The letters indicate the beginning of the breath-in and the successive breath-out while the numbers are indicative of the succession and the duration of the breathing exercises. The information disk is attached in alignment with the dial. The length of the minute and second hands exceeds the radius of the information disk.