

# regulating *(reg-u-lat-ing)*

## Definition

v. controlling or maintaining something according to rules.

## Example Sentence

She is **regulating** her breathing during yoga.

## More Example Sentences

They are **regulating** the flow of traffic.

## Synonyms

controlling; managing; overseeing

## Antonyms

chaos; disorder

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

[vocabloco.com](https://vocabloco.com)