

72 5. Estimated nocturnal sleep impairment in patients with COPD in daily life and its association with daytime physical activity

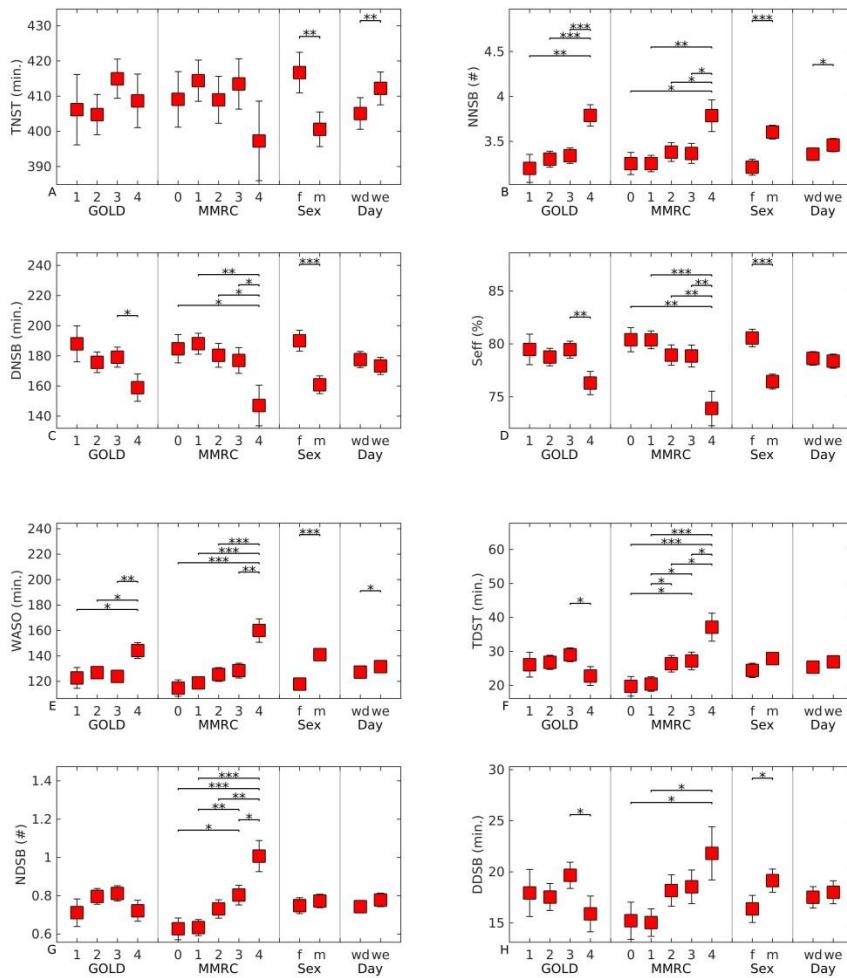


Figure 33 Impact of disease severity according to Global Initiative for Chronic Obstructive Lung Disease (GOLD) grades, daytime dyspnoea according to the modified Medical Research Council (MMRC) scale, sex (f = female, m = male), and day group (wd = weekdays, we = weekends) on sleep parameters (A: TNST = Total Night Sleeping Time; B: NNSB = Number of Nocturnal Sleeping Bouts; C: DNSB = average Duration of Nocturnal Sleeping Bouts; D: Seff = Sleep efficiency; E: WASO = time awake After the first Sleep Onset ; F: TDST = Total Day Sleeping Time; G: NDSB = Number of Daytime Sleeping Bouts; H: DDSB = average Duration of Daytime Sleeping Bouts). Data are expressed as least-square means \pm standard error. Significance levels for pairwise comparisons are indicated as horizontal bars with * $=p<0.05$, ** $=p<0.01$, and *** $=p<0.001$.

5.4.2 Association between objective sleep measures and daytime physical activity

Nocturnal sleep measures were divided into quartiles (Q_1 , shortest/lowest- Q_4 , longest/highest) to assess the association with daytime physical activity measures. Table X shows