

- 
- [89] T. Troosters, F. C. Sciurba, M. Decramer, N. M. Siafakas, S. S. Klioze, S. C. Sutradhar, I. M. Weisman, and C. Yunis, "Tiotropium in patients with moderate copd naive to maintenance therapy: a randomised placebo-controlled trial," *NPJ primary care respiratory medicine*, vol. 24, 2014.
- [90] M. Pau, B. Leban, G. Collu, and G. M. Migliaccio, "Effect of light and vigorous physical activity on balance and gait of older adults," *Archives of gerontology and geriatrics*, vol. 59, no. 3, pp. 568–573, 2014.
- [91] P. D. Loprinzi, H. Lee, and B. J. Cardinal, "Daily movement patterns and biological markers among adults in the united states," *Preventive medicine*, vol. 60, pp. 128–130, 2014.
- [92] B. M. Duvivier, N. C. Schaper, M. A. Bremers, G. van Crombrugge, P. P. Menheere, M. Kars, and H. H. Savelberg, "Minimal intensity physical activity (standing and walking) of longer duration improves insulin action and plasma lipids more than shorter periods of moderate to vigorous exercise (cycling) in sedentary subjects when energy expenditure is comparable," *PloS one*, vol. 8, no. 2, p. e55542, 2013.
- [93] C. for Disease Control, P. (CDC), C. for Disease Control, P. (CDC) *et al.*, "National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the united states, 2011," *Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention*, vol. 201, 2011.
- [94] P. Dawn and J. O. Benditt, "Pilot study of a cell phone-based exercise persistence intervention post-rehabilitation for copd," *International Journal of Copd*, vol. 4, pp. 301–313, 2009.
- [95] H. Watz, B. Waschki, A. Kirsten, K.-C. Müller, G. Kretschmar, T. Meyer, O. Holz, and H. Magnussen, "The metabolic syndrome in patients with chronic bronchitis and copd: frequency and associated consequences for systemic inflammation and physical inactivity," *CHEST Journal*, vol. 136, no. 4, pp. 1039–1046, 2009.
- [96] A. Agusti, J. Hedner, J. Marin, F. Barbé, M. Cazzola, and S. Rennard, "Night-time symptoms: a forgotten dimension of copd," *European Respiratory Review*, vol. 20, no. 121, pp. 183–194, 2011.
- [97] R. A. Kinsman, R. Yaroush, E. Fernandez, J. F. Dirks, M. Schocket, and J. Fukuhara, "Symptoms and experiences in chronic bronchitis and emphysema." *CHEST Journal*, vol. 83, no. 5, pp. 755–761, 1983.
- [98] D. M. Nunes, V. M. de Bruin, F. M. Louzada, C. A. Peixoto, A. G. Cavalcante, C. Castro-Silva, and P. F. de Bruin, "Actigraphic assessment of sleep in chronic obstructive pulmonary disease," *Sleep and Breathing*, vol. 17, no. 1, pp. 125–132, 2013.
- [99] J. Hartman, J. Prinzen, R. van Lummel, and N. ten Hacken, "Frequent sputum production is associated with disturbed night's rest and impaired sleep quality in patients with copd," *Sleep and Breathing*, vol. 19, no. 4, pp. 1125–1133, 2015.
- [100] S. E. Goldman, K. L. Stone, S. Ancoli-Israel, T. Blackwell, S. K. Ewing, R. Boudreau, J. A. Cauley, M. Hall, K. A. Matthews, and A. B. Newman, "Poor sleep is associated with poorer physical performance and greater functional limitations in older women," *SLEEP-NEW YORK THEN WESTCHESTER*, vol. 30, no. 10, p. 1317, 2007.
- [101] T.-T. L. Dam, S. Ewing, S. Ancoli-Israel, K. Ensrud, S. Redline, and K. Stone, "Association between sleep and physical function in older men: the osteoporotic fractures in men sleep study," *Journal of the American Geriatrics Society*, vol. 56, no. 9, pp. 1665–1673, 2008.
-