

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

Table X Quartiles of night sleep variables and corresponding LS-means of the daytime actigraphy measures.

		Total night sleeping time (TNST)				<i>p-trends</i>
<i>Quartiles (min)</i>	$Q_1 < 347$	$347 \leq Q_2 < 416$	$416 \leq Q_3 < 480$	$Q_4 \geq 480$		
STEPS (#)	4952	4882	4759	4503	0·08	
TDST (% awake time)	2·26	1·76	1·75	1·59	0·08	
TIME VL (% awake time)	73·42	73·45	73·22	74·01	0·75	
TIME L (% awake time)	15·3	15·61	15·64	15·13	0·91	
TIME MV (% awake time)	7·42	7·77	7·97	7·79	0·33	
Number of nocturnal sleeping bouts (NNSB)						
<i>Quartiles (#)</i>	$Q_1 < 2$	$2 \leq Q_2 < 3$	$3 \leq Q_3 < 4$	$Q_4 \geq 4$	<i>p-trends</i>	
STEPS (#)	5136	4874	4664	4484	0·08	
TDST (% awake time)	1·71	1·91	1·94	1·79	0·75	
TIME VL (% awake time)	72·78	73·32	73·60	74·25	0·08	
TIME L (% awake time)	16·00	15·45	15·35	15·08	0·08	
TIME MV (% awake time)	8·18	7·83	7·60	7·39	0·08	
Average duration of nocturnal sleeping bouts (DNSB)						
<i>Quartiles (min)</i>	$Q_1 < 86$	$86 \leq Q_2 < 136$	$136 \leq Q_3 < 225$	$Q_4 \geq 225$	<i>p-trends</i>	
STEPS (#)	4559	4759	4861	4987	0·08	
TDST (% awake time)	1·97	1·82	1·89	1·70	0·33	
TIME VL (% awake time)	74·05	73·40	73·55	72·98	0·33	
TIME L (% awake time)	15·06	15·56	15·32	15·81	0·33	
TIME MV (% awake time)	7·39	7·76	7·74	8·12	0·33	
Sleep efficiency						
<i>Quartiles (%)</i>	$Q_1 < 71$	$71 \leq Q_2 < 82$	$82 \leq Q_3 < 91$	$Q_4 \geq 91$	<i>p-trends</i>	
STEPS (#)	4524	4758	4798	5111	0·08	
TDST (% awake time)	2·01	1·81	1·82	1·73	0·33	
TIME VL (% awake time)	73·32	73·50	73·43	72·62	0·08	
TIME L (% awake time)	14·89	15·41	15·54	15·98	0·08	
TIME MV (% awake time)	7·24	7·76	7·76	8·30	0·08	
Time awake during time in bed after the first sleeping onset (WASO)						
<i>Quartiles (min)</i>	$Q_1 < 57$	$57 \leq Q_2 < 104$	$106 \leq Q_3 < 165$	$Q_4 \geq 165$	<i>p-trends</i>	
STEPS (#)	5076	4967	4687	4355	0·08	
TDST (% awake time)	1·75	1·88	1·87	1·89	0·33	
TIME VL (% awake time)	73·02	73·11	73·59	74·23	0·08	
TIME L (% awake time)	15·84	15·56	15·35	15·01	0·08	
TIME MV (% awake time)	8·03	7·98	7·71	7·29	0·08	

Daytime actigraphy measures: STEP = Steps performed; TDST = Total Day Sleeping Time, TIME VL = Time spent in Very Light activity, TIME L = Time spent in Light activity, TIME VM = Time spent in Moderate-to-Vigorous activity. Q_i = i-th quartile. Data in the table are expressed as least-square means or percentage of wake time. p-trends between quartiles evaluated by Spearman's correlation.