Cross-Sectional Survey to Assess the Burden of Nocturnal Symptoms in Patients with Chronic Obstructive Pulmonary Disease (COPD)

**Aims**
- Patients with COPD often have poor sleep quality and report worsening of respiratory symptoms at night.
- Additionally, they suffer from symptoms throughout the day that impact their quality of life (QoL).

**Methods**
- Study Design: Retrospective analysis using Adelphi Respiratory Disease Specific Programme (DSP™) data, which surveyed physicians and patients from July to December 2019.

**Inclusion/Exclusion Criteria**
- **Physician Sample** (n=171):
  - Primary care or pulmonology
  - Required to manage patients with COPD (≥3/month)
- **Patient Sample** (n=800):
  - 18 years with a confirmed diagnosis of COPD

**Objectives**
- **Primary Objective**
  - Describe the frequency, burden, and importance of nocturnal symptoms in COPD patients.
- **Secondary Objectives**
  - Describe the relationship between nocturnal symptoms and physician drug choice.
  - Describe the proportion of patients where the reason for prescribing of drug therapy relates to the improvement of nocturnal symptoms.
  - Describe the relationship between physician prescribing rationale of selecting a once-daily or twice-daily drug to treat nocturnal symptoms.

**Conclusions**
Daytime and nocturnal symptoms are common among patients with COPD. Frequency of nocturnal symptoms was related to significant impairment in activity and health-related QoL. These results suggest that prescribers should consider working with patients to maximize symptom control throughout the day.