

Is COPD Worse in the Morning?

by NEWLIFEOUTLOOK TEAM

Getting Up in the Morning with COPD - Infographic

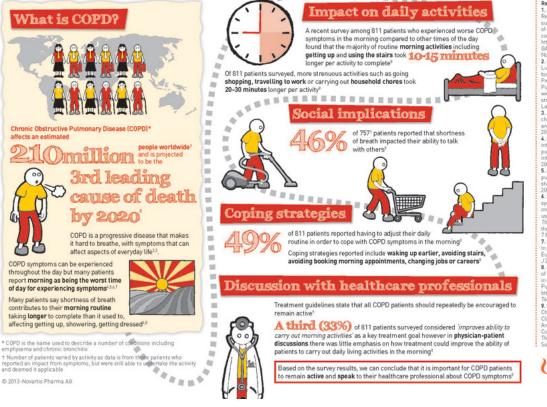
Shortness of breath may prevent you from being able to start your morning routine and coping with COPD symptoms in the morning may require you to get up earlier. More strenuous activities tend to take longer as well to do.

When you get up, try to focus on what requires the least amount of effort first and then work your way up gradually. You might want to start off with a healthy breakfast that's easy to prepare such as fruit and some orange juice, and then move on to brushing your teeth. In your shower, you should have grab bars to help you rest if you need to. You may also want to consider taking baths so you can rest your legs rather than stand.

Have a look at some other daily activities that could be affected by COPD symptoms.

From: Novartis Pharmceuticals

COPD Symptoms in the Morning and the Impact on Daily Activities



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