

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





Of 811 patients surveyed, more strenuous activities such as going shopping, travelling to work or carrying out household chores took 20-30 minutes longer per activity^a



of 7571 patients reported that shortness of breath impacted their ability to talk with others®



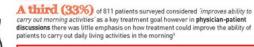
Coping strategies of 811 patients reported having to adjust their daily routine in order to cope with COPD symptoms in the morning⁸

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Coping strategies reported include waking up earlier, avoiding stairs, avoiding booking morning appointments, changing jobs or careers

Treatment guidelines state that all COPD patients should repeatedly be encouraged to



Based on the survey results, we can conclude that it is important for COPD patients to remain active and speak to their healthcare professional about COPD symptoms^g



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