



# EUROPEAN RESPIRATORY *journal*

FLAGSHIP SCIENTIFIC JOURNAL OF ERS



## The correlation of sleep quality on symptoms and lung function in COPD patients at the Harum Melati Clinic, Pringsewu, Lampung Province, Indonesia

Retno Ariza Soemarwoto, Syazili Mustofa, Hetti Rusmini, Tusy Triwahyuni, Ari Nugraha Sukma  
European Respiratory Journal 2021 58: PA940; DOI: 10.1183/13993003.congress-2021.PA940

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### Abstract

**Introduction:** Good quality sleep is very important for COPD patients. Unfortunately, it tends to be poor in patients with severe COPD. We hypothesized that quality sleep in COPD patients was correlated with symptoms and lung function.

**Aim:** This study points out the relationship between sleep quality, symptoms and lung function of COPD patients in Harum Melati Clinic, Pringsewu, Lampung, Indonesia.

**Methods:** A descriptive-analytic study with a cross-sectional approach was undertaken on 203 COPD patients. Spirometry was performed for measuring lung function. Modified British Medical Research Council (mMRC) questionnaires was enrolled to determine the symptoms. The patient's sleep quality was categorized using the Pittsburgh Sleep Quality Index (PSQI) scale into good sleep quality (PSQI score < 5) and poor sleep quality

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there was very strong positive correlation between sleep quality and lung function (p-value = 0.001, correlation value = 0.879).

**Conclusions:** Sleep quality in COPD patients was correlated with symptom and lung function. Enhancement in diagnostic and treatment of sleep problems in COPD patients should be prioritized in the daily management of these patients.

[Airway management](#)   [COPD](#)   [COPD - mechanism](#)

## Footnotes

Cite this article as: European Respiratory Journal 2021; 58: Suppl. 65, PA940.

This abstract was presented at the 2021 ERS International Congress, in session “Prediction of exacerbations in patients with COPD”.

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**Vol 58 Issue suppl 65** [Table of Contents](#)

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[Index by author](#)

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## ISSN

Print ISSN: 0903-1936  
Online ISSN: 1399-3003

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