Félix Girard, MSc. (c)
felix.girard@mail.mcgill.ca
Clinical Exercise Respiratory Physiology Laboratory (CERPL)
Department of Kinesiology and Physical Education
McGill University, Montreal, Quebec, Canada

Quebec Respiratory Health Research Network

Abstract Submission for an application to the 25 March 2022
"Symposium sur le transfert des connaissances »

Title

"Cannabidiol (CBD) as a promising therapy for improving poor sleep quality (SQ) in people living with chronic obstructive pulmonary disease (COPD)"

Abstract

COPD is a common, preventable and treatable disease that is characterised by chronic inflammation, persistent respiratory symptoms and airflow limitation that is due to airway and alveolar abnormalities. The population prevalence of COPD among Canadians adults aged ≥40years is at least 16.2% and is expected to increase if no significant improvement in disease prevention and management are made. Despite treatments that improve lung function and respiratory symptom burden, at least 50% of people with stable COPD suffer from poor subjective and/or objective sleep quality (SQ), which may in turn predispose them to more adverse clinical health outcomes. Additionally, COPD drug therapies can contribute to worse SQ, which has been associated with low quality of life (QoL) and increased frequency/severity of COPD exacerbations. Despite the heavy burden of impaired sleep among people with COPD, effective management of poor SQ in COPD remain an elusive goal for many healthcare providers.

CBD, a safe non-psychoactive constituent of the *Cannabis sativa* plant, is now legal in Canada for recreational use. CBD has been receiving progressively greater attention for its medicinal properties and therapeutic potential in the past two decades, especially with regards to chronic health conditions. Along with its good safety profile, evidence supporting CBD's benefits in improving severity/burden/symptoms of inflammatory, neuro-psychological, and sleep disorders are becoming more numerous, robust, and precise. Thus, the increasing overlap between our understanding of the pathophysiology of poor SQ in COPD and CBD's promising therapeutic properties, should motivate investigating CBD as a sleep-aid in people living with COPD.