

# **Review on Nocturnal Asthma**

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**Abstract:** *Nocturnal asthma, a condition where asthma symptoms worsen during the night. It aims to examine the causes, effects, and management of nocturnal asthma. We analyzed current literature and studies, highlighting the significance of understanding this condition for better patient care and treatment outcomes. The findings indicate that several factors contribute to nocturnal asthma, which can severely impact the quality of life. Proper management strategies are essential to minimize symptoms and improve sleep quality. Asthma has a tendency to destabilize and get worse at night, probably due to a nocturnal increase in airway inflammation and bronchial responsiveness. Nocturnal airway narrowing in asthma is often associated with sleep disorders, such as episodes of nocturnal and early morning awakening, difficulty in maintaining sleep, and daytime sleepiness. On the other hand, an association has been documented between nocturnal sleep-disordered breathing and asthma. This review highlights the causes of nocturnal worsening of asthma and examines the evidence pointing towards a causal relationship between nocturnal asthma and sleep-disordered breathing.*

**Keywords:** Nocturnal asthma; Sleep-disordered breathing; Circadian rhythm; Airway inflammation; Bronchial hyperresponsiveness

