

November is National Sleep Comfort Month

Sleep is one of the most important aspects of healthy living. Lack of proper sleep can impact everything from your mood to your level of energy as well as influence your memory. Studies show that poor sleep and sleep



related breathing disorders are common in patients with End Stage Renal Disease (ESRD) but are often unrecognized and undertreated.

The most frequent sleep disorders seen in patients with ESRD are:

- Conditioned insomnia
- Excessive daytime sleepiness
- Obstructive or central sleep apnea (SA)
- Restless legs syndrome (RLS)
- Periodic limb movement disorder (PLMD)

Similar to the general population, increased stress, anxiety, depression and worry are associated with poor sleep quality in dialysis patients. Furthermore, it

has negative impacts on the immune response and can cause the development of cardiovascular disease which is the first cause of death in patients with renal disease.



**According to the National Sleep Foundation, the new sleep recommendations each day are:**

- Newborns (0-3 months): 14-17 hours
- Infants (4-11 months): 12-15 hours
- Toddlers (1-2 years): 11-14 hours
- Preschoolers (3-5): 10-13 hours
- School age children (6-13): 9-11 hours
- Teenagers (14-17): 8-10 hours
- Younger adults (18-25): 7-9 hours
- Adults (26-64): 7-9 hours
- Older adults (65+): 7-8 hours

### Here are some tips to help with your sleep:

- ✓ *Expend energy during the day with exercise*

Exercise can help you feel tired so that you can fall asleep faster and sleep soundly. Ask your doctor about starting an exercise program. They can recommend a program based on your physical abilities and current state of health.

- ✓ *Adjust your sleep clock*

You can train your body to get the right amount of sleep each night. This means keeping to a sleep schedule. You should go to bed at the same time each night and wake up at the same time each morning.

- ✓ *Limit your nap times*

Too long of a nap can mean you won't be able to fall asleep later that night. Try to limit the number of naps and the amount of time you sleep during the day.

- ✓ *Cut back on caffeine, alcohol and tobacco*

Caffeine and nicotine (found in tobacco) can keep you awake longer than you wish. Cutting back can help you return to normal sleep patterns. Try limiting your caffeine intake to 2 cups a day before noon and avoid smoking before bedtime or during the night.

- ✓ *Find ways to relax before bedtime*

Relaxing is an important part of getting to sleep. Find a light activity that you can enjoy before bedtime. Comfortable surroundings can mean a sounder night's sleep.

The analyses upon which this publication is based were performed under Contract Number HHSM-500-2016-0000003C, entitled "End Stage Renal Disease Network Organization Number 3", sponsored by the Centers for Medicare & Medicaid Services, Department of Health and Human Services. The conclusions and opinions expressed, and methods used herein are those of the author. They do not necessarily reflect CMS policy. The author assumes full responsibility for the accuracy and completeness of the ideas presented. This article is a direct result of the Health Care Quality Improvement Program initiated by CMS, which has encouraged identification of quality improvement projects derived from analysis of patterns of care, and therefore required no special funding on the part of this contractor. Ideas and contributions to the author concerning experience in engaging with issues presented are welcomed.