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Sleep Disorders in Patients with End Stage Kidney Disease (ESKD): Prevalence and Associated Factors

Introduction: Sleep disturbances (SD) are common among patients with ESKD and result from various factors. Prevalence and impact of SD were studied in a population of indigent, inner-city ESKD pts.

Methods: A random convenience sample of 25 dialysis and 14 kidney transplant pts were surveyed in person regarding sleep patterns using PHQ9, GAD7, and Likert style questions.

Results: Mean age was 59.2 ± 14.4 years, with 22 males and 17 females. 59% reported getting <7 hours of sleep. 38% reported being dissatisfied with sleep (DIS). Less sleep was related to uncontrolled worrying ($r=-0.42$, $p=0.49$), earlier bed time ($r=0.4$, $p=0.01$) prolonged sleep latency ($r=0.36$, $p=0.024$). DIS reported shorter sleep ($r=0.39$, $p=0.01$), more difficulty in getting back to sleep, longer sleep latency, increased likelihood of early wakening, trouble staying asleep and interference with daily functioning (all $r=0.5$, $p<0.001$). 68% reported frequent night awakenings, 50% wake up 3 or more times per night and 73% wake up at least twice per night. Those who report struggling to fall asleep were more likely to report often waking up in the middle of the night ($r=0.34$, $p=0.03$).

50% reported they were active at night, including working night shifts. Earlier bedtimes were less likely to be associated with consistent bed times ($r=-0.45$, $p<0.004$), sleep amount ($r=0.43$, $p=0.006$), sleep satisfaction ($r=-0.32$, $p=0.47$) and more likelihood of sleeping through meals ($r=0.32$, $p=0.05$). Only 15% had been referred for sleep studies.

Conclusion: In our population 1. Sleep disorders were highly prevalent in dialysis and txp pts 2. Shorter sleep was associated with worrying and abnormal sleep latency 3. Pts who sleep earlier and were more active at night, reported the greatest disruptions to their lives and had worse sleep hygiene 4. Very few pts had been referred for sleep studies 5. Disordered sleep has been associated with adverse mental and physical effects. Approaches to improve sleep should be studied.