

Sleep disorders in chronic haemodialysis patients

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Abstract

Introduction: Sleep disorders associated with renal failure induce a significant decline in quality of life and are associated with an increase in cardiovascular morbidity and mortality in dialysis patients. Our work aimed to describe sleep disorders in haemodialysis patients.

Method: We conducted a descriptive cross-sectional study during September 2023 at the haemodialysis unit of the nephrology department of Mongi Slim la Marsa Hospital. We conducted a survey based on the "ISI insomnia severity index" questionnaire. Moderate insomnia is defined by a score between (15-21) and severe insomnia by a score between (22-28)

Results: We collected 26 patients. The average age was 63.2 years (35-79 years). The sex ratio was 5.2 (21M/5F). The average duration of haemodialysis was 9 months. Insomnia was noted in 9 patients (34.6%). Five patients had moderate insomnia and 4 had severe insomnia. This insomnia concerned difficulty falling asleep in 4 patients, difficulty staying asleep in 3 patients, and early awakenings in 2 cases. Concerning the causes of this insomnia, we noted 2 cases of anxiety, 1 case of depression and 3 patients complained of chronic pain with restless leg syndrome. The disorders associated with this insomnia were daytime sleepiness in 3 cases and nightmares in 1 case. Regular use of hypnotogens was noted in 7 patients

Conclusions: Sleep disorders and in particular insomnia among chronic haemodialysis patients are common and multifactorial. Specific attention must be paid to them, including multidisciplinary care requiring regular and close collaboration between nephrologists, psychologists, and psychiatrists.