

The risk of kidney transplantation, dialysis from poor sleep life

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In the past, chronic kidney disease is characterized by gradual loss of kidney function over time and can eventually lead to kidney failure, leading to dialysis or kidney transplantation. Chronic kidney disease can be caused by diabetes, high blood pressure and other disorders.

Previous studies have shown that poor sleep is common in patients with chronic kidney disease, but some studies have examined the effect of sleep on the progression of the disease.



The researcher was Dr. Ana Ricardo of the University of Illinois at Chicago Medical College and Kristen Knutson, associate professor of neuroscience and preventive medicine at Northwestern University, examined the relationship between sleep time and Sleep quality with the progression of chronic kidney disease among 431 patients with chronic kidney disease.

Participants have an average age of 60 years, of which 48% are women and half of them are diabetic.

Participants were asked to bring an accelerometer on their wrist for 5-7 days to measure movement and provide information about their sleep time and alertness and activity.

Ricardo notes that sleep is severely impaired in patients with chronic kidney disease.

The findings suggest that the average hour of sleep among participants with chronic kidney disease is 6.5 hours per night.

The majority of sleep disorders, or sleep disorders, are associated with the risk of developing mild kidney failure in the near future.

In the next five years, the results showed that 70 participants had kidney failure and 48 died.

Ricardo notes that less sleep every hour than the standard allows an increased risk of kidney function decline over time.

Patients with chronic kidney disease often have simultaneous hypertension, obesity and diabetes.

This research has just been published in the American Journal of Nephrology.

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