

Kidney *Chronicles*

END-STAGE RENAL DISEASE NETWORK OF NEW ENGLAND

MAY 2015

HELPFUL TIPS
TO EMPOWER
ESRD PATIENTS
AS CONSUMERS



Improving Healthcare
for the Common Good®

May is Better Sleep Month

According to the Better Sleep Council, lack of sleep can cause negative impacts on the body and mind such as weight gain, high blood pressure, cancer, heart disease, stroke, diabetes, depression, and memory and learning problems. It is important that we train our bodies and minds to get at least seven to eight hours of sleep each night, as recommended by sleep experts.



ESRD patients often have more difficulty falling asleep and staying asleep than the average person due to their physical and mental state.

According to DaVita Healthcare Partners, some dialysis patients may have trouble sleeping as a result of inadequate dialysis clearance (not enough waste being cleared from the blood), or noise from their cyclor-assisted peritoneal dialysis (PD) treatment. In addition to physical causes, many kidney patients find it difficult to fall asleep due to depression or anxiety related to their illness.

As a dialysis patient, DaVita recommends that you consider taking the following steps in order to get the sleep that your body and mind craves:

1. Exercise.

If you use up more energy throughout the day through exercise, you will find it easier to fall asleep at night. Whether

How the Network Serves You

- Advocates on your behalf;
- Answers your questions about treatment, modality choices or other issues;
- Develops and provides educational materials, i.e., newsletters, for you and your family;
- Works with renal professionals to improve the care provided to you;
- Helps keep you informed and updated to support your involvement in your care and treatment options; and
- Evaluates and resolves grievances.

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you are on dialysis or have received a transplant, please talk to your doctor before starting any new exercise plan.

2. Train your body and mind.

If you go to sleep and wake up at the same time every night and morning, you can train your body and mind to get the right amount of sleep at night.

3. Limit naps.

If you are a kidney disease patient, you may find yourself taking naps after dialysis treatments. However, it is important to try to limit the amount of naps you take per day, as you will be able to better fall asleep at night.

4. Avoid caffeine, alcohol, and tobacco.

Caffeine, alcohol, and tobacco are all notorious for disrupting your sleep. Try to avoid them. If you must drink caffeine during the day, limit it to two cups and only drink it before noon.

5. Improve your sleep environment.

A good mattress, bedding, and a dark room can help you to feel more comfortable and less distracted, making it easier to sleep.

After taking these steps, if you are still not getting enough sleep at night, it is important for you to contact your doctor, as sleep is necessary for your health.

To learn more about how to get a proper night's rest, visit The Better Sleep Council website: <http://bettersleep.org/better-sleep/how-to-sleep-better>.

Join the Network's Patient Advisory Committee!

Patient Advisory Committee (PAC) members provide a connection between the Network, patients, caretakers, and dialysis unit staff in order to encourage cooperative support within the renal community of New England.

The mission of the PAC is simple: to identify and act upon areas of concern and support to ESRD patients, *ultimately improving their quality of life.*

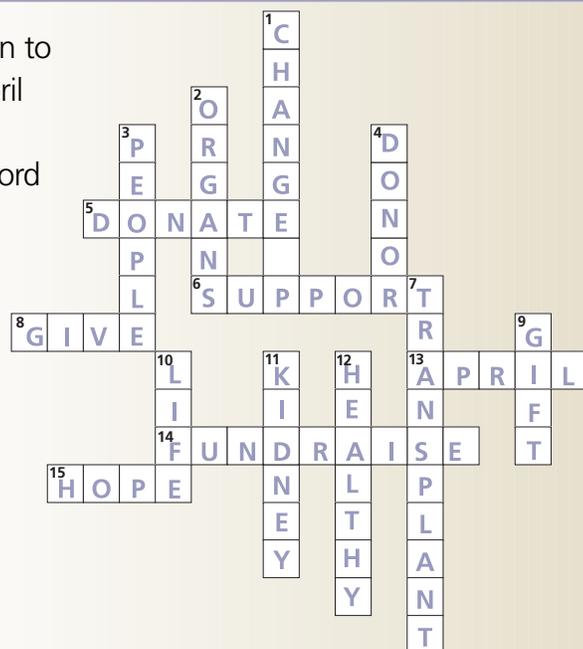
Become a PAC member and help the Network improve the quality of life for the ESRD community of New England.

For more information, please contact Kayla Abella, Community Outreach Coordinator by phone at (203) 285-1223, or e-mail: kabella@nw1.esrd.net.

Also visit:

www.networkofnewengland.org/consumers/PAC.

Solution to our April issue's crossword puzzle



To file a grievance, please contact:

IPRO End-Stage Renal Disease Network of New England
 1952 Whitney Avenue, 2nd Floor, Hamden, CT 06517

Main: (203) 387-9332

Patient Toll-Free: (866) 286-3773

Fax: (203) 389-9902

E-mail: info@nw1.esrd.net

www.networkofnewengland.org



This material was prepared by IPRO End-Stage Renal Disease Network of New England, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. CMS Contract Number: HHSM-500-2013-NW001C