

Sleep disorders in chronic renal failure patients : A polysomnographic evaluation

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Sleep disorders are common complaints in end stage chronic renal disease patients with and without hemodialysis. This study included 10 end stage renal disease patients on regular hemodialysis (group I) and

10 chronic renal insufficiency patients did not start dialysis yet (group II). Patients were subjected to clinical history including sleep disorders, clinical examination, relevant laboratory investigations as well as ar over night polysomnography. The study revealed that both hemodialyzed and non hemodialyzed chronic renal failure patients had reduced sleep efficiency, increased sleep latency with very prevalent sleep apnea, mainly obstructive type. No significant differences were found for the rest of the parameters related to disordered sleep breathing between the two groups. Possible explanations for the findings were suggested and future prospective evaluation studies were recommended.