

**EMBARGOED FOR RELEASE UNTIL
NOVEMBER 19 AT 10:00 AM CST (11:00 AM EST)**

CONTACTS: Christine Feheley • cfeheley@asn-online.org • (202) 640-4638
ASN KIDNEY WEEK 2016 • NOVEMBER 15–20 • CHICAGO, IL

SHORT AND POOR QUALITY SLEEP MAY HAVE NEGATIVE EFFECTS ON KIDNEY FUNCTION

Highlights

- In a study of patients with chronic kidney disease, each additional hour of nighttime sleep was linked with a 19% lower risk of developing kidney failure.
- There was also a significant association between sleep quality and kidney failure risk.
- Research that uncovered these findings will be presented at ASN Kidney Week 2016 November 15–20 at McCormick Place in Chicago, IL.

Chicago, IL (November 19, 2016) — Not getting enough quality sleep was linked with worsening kidney function in a study of patients with chronic kidney disease. The findings will be presented at ASN Kidney Week 2016 November 15–20 at McCormick Place in Chicago, IL.

Although there is increasing evidence that sleep disorders are common in individuals with CKD, its link with CKD progression is unknown. To investigate, Ana C. Ricardo, MD (University of Illinois at Chicago) and her colleagues examined the sleep patterns of 432 adults with CKD. Participants wore a wrist monitor for 5 to 7 days to measure sleep duration and quality, and their health was followed for a median of 5 years.

Participants slept an average of 6.5 hours/night, and during follow-up, 70 individuals developed kidney failure and 48 individuals died. After adjusting for sociodemographic factors, body mass index, blood pressure, diabetes, cardiovascular disease, and baseline kidney function, each additional hour of nighttime sleep was linked with a 19% lower risk of developing kidney failure. There was also a significant association between sleep quality and kidney failure risk: each 1% increase in sleep fragmentation was linked with a 4% increase in the risk of developing kidney failure. Also, patients who experienced daytime sleepiness were 10% more likely to die during follow-up than those who were not sleepy during the day.

“Short sleep and fragmented sleep are significant, yet unappreciated risk factors for CKD progression,” said Dr. Ricardo. “Our research adds to the accumulating knowledge regarding the importance of sleep on kidney function, and underscores the need to design and test clinical interventions to improve sleep habits in individuals with CKD.”

Study: “The Association of Sleep Duration and Quality with Chronic Kidney Disease Progression” (Abstract 3754)

ASN Kidney Week 2016, the largest nephrology meeting of its kind, will provide a forum for more than 13,000 professionals to discuss the latest findings in kidney health research and engage in educational sessions related to advances in the care of patients with kidney and related disorders. Kidney Week 2016 will take place November 15–20, 2015 in Chicago, IL.

The content of this article does not reflect the views or opinions of The American Society of Nephrology (ASN). Responsibility for the information and views expressed therein lies entirely with the author(s). ASN does not offer medical advice. All content in ASN publications is for informational purposes only, and is not intended to cover all possible uses, directions, precautions, drug interactions, or adverse effects. This content should not be used during a medical emergency or for the diagnosis or treatment of any medical condition. Please consult your doctor or other qualified health care provider if you have any questions about a medical condition, or before taking any drug, changing your diet or commencing or discontinuing any course of treatment. Do not ignore or delay obtaining professional medical advice because of information accessed through ASN. Call 911 or your doctor for all medical emergencies.

Since 1966, ASN has been leading the fight to prevent, treat, and cure kidney diseases throughout the world by educating health professionals and scientists, advancing research and innovation, communicating new knowledge, and advocating for the highest quality care for patients. ASN has nearly 16,000 members representing 112 countries. For more information, please visit www.asn-online.org or contact us at (202) 640-4660.

#