**SLEEP QUALITY AMONG PATIENTS WITH ADVANCED CHRONIC KIDNEY DISEASE IN AN OUT-PATIENT NEPHROLOGY UNIT AT NHSL, COLOMBO**

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**ABSTRACT**

**Introduction**

Sri Lanka is a country with increasing prevalence of Chronic Kidney Disease (CKD). Studies suggest high prevalence of poor sleep quality among CKD, which may in turn have an impact on quality of life. The quality of sleep among patients with CKD in Sri Lanka is an unknown.

**Objectives**

To assess the quality of sleep, and factors associated with quality of sleep among patients with advanced CKD in Sri Lanka.

**Methods**

A descriptive cross-sectional study was conducted using Pittsburg Sleep Quality Index (PSQI) among patients with eGFR<30ml/min/1.73m2 in an out-patient nephrology unit at the National Hospital of Sri Lanka. Sleep Hygiene Index and Kessler’s psychological distress score were used to describe associations between quality of sleep and, sleep hygiene and stress levels. Data on comorbidities, lifestyle, medication use were collected.

**Results**

120 participants were recruited. Seventy(58.3%) were male and mean age was 60.3 (SD 11.4) years. Twenty-three (19.2%) were on dialysis and 28 were pre-dialytic CKD stage 5. Hundred (83.3%) showed poor sleep quality as assessed by PSQI with a mean value of 9.96(SD 4.05). Sleep quality was worsened by older age (p=0.03), higher stress scores (p<0.0001), poor sleep hygiene(p<0.0001), and more advanced CKD stage (p=0.007), including being on dialysis(p<0.0001). Prescription drugs, comorbidities and lifestyle factors of the participants were not related to the sleep quality in this cohort.

**Conclusions**

Poor sleep quality was common in this cohort of patients with advanced CKD and was associated with multiple factors including CKD stage, older age, stress and sleep hygiene.

**Word Count**: 249