

## Feeling Tired? Having Difficulty Sleeping?

Many people with chronic kidney disease complain of feeling worn out or having less energy. If you feel this way, please tell your health care provider. Many things can cause fatigue in people with kidney disease and the reasons may be treatable.

Getting a good night's sleep is important in managing fatigue. There are many things that you can do to help get a good night's sleep. Most of the time medications are not needed.

## Tips for a Good Night's Sleep

- Think about things that affect your sleep:
  - Avoid caffeine after lunch.
  - Avoid alcohol and smoking, particularly during the evening.
  - Try not to eat a large meal close to bedtime.
  - Avoid using screens that give off light before bedtime. e.g., tablet, smart phone, ebook.
  - Create a sleep environment that is quiet, very dark and cool.
  - Do not go to bed until you feel sleepy. Do not "try" to fall asleep.
  - Develop a regular and relaxing bedtime routine. e.g., take a warm bath, do relaxing activities, try

not to think about upsetting things before going to bed.

- Develop a good sleep routine. Try and go to bed and wake up at the same time every day. Avoid napping during the day.
- For more ideas, go to <https://sleepfoundation.org/ask-the-expert/sleep-hygiene>.
- Try to do some form of physical activity each day. Staying active can help you sleep better at night. Find activities that you enjoy and fit in with your daily life.
- Consider acupuncture therapy and/or seeing a counselor. These interventions have been linked to improve sleep quality and sleep duration in chronic kidney disease patients.
- You may wish to try melatonin (3 mg tablets). It is a natural hormone that plays a role in your sleep/wake cycle.
- If you have tried these things and they are not working, talk to your doctor about other ideas.