

**Abstract Submission No.: A-0593**

## **A SLEEP DISORDER among hemodialysis PATIENTS AT SHINONMED HOSPITAL in Mongolia**

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**Objectives :** To investigate sleep disorder status for patients undergoing hemodialysis at Shinonmed hospital

**Methods :** MATERIALS AND METHODS We used cross-sectional survey in our study. All hemodialysis patients at Shinonmed hospital were voluntarily included in this study. Based on the PSQI and ICD-3 guidelines, a specially designed card questionnaire was used, and results were analyzed using SPSS 26.0 program.

**Results :** A total of 41 patients (56.1%/23 male) aged between 25-84 were enrolled in the study. In terms of the hemodialysis duration, 41.5% of the participants have been on hemodialysis for up to 1 year, 36.6% for 1-3 years, 19.5% for 4-6 years, and 2.4% for more than 7 years. The average duration of dialysis was 2.4 years. All participants on dialysis had an insomnia but it was not related to the duration of the dialysis ( $p < 0.05$ ). Regarding other sleep disorders except an insomnia, 46.3% of the participants had difficulty to sleep, while Restless legs syndrome (RLS) was detected in 22% of participants with the lowest rate

**Conclusions :** All patients on dialysis have an insomnia. However, there was no relationship between the duration of dialysis and insomnia. Further study need to estimate the prevalence of insomnia among dialysis patients in Mongolia.