

Abstract Submission No.: A-0035**Sleep problems in adults with chronic kidney disease: a scoping review of systematic reviews**

Ginger Chu

Department of Internal Medicine-Nephrology, nurse academic, Australia

Objectives : People with chronic kidney disease (CKD) often experience poor sleep, which is associated with an increased risk of mortality and morbidity. Despite growing research on how sleep influences health outcomes, no consensus practice or policy exists to manage sleep problems in CKD patients. The objective of this review is to identify existing evidence on sleep problems in CKD, understand management strategies, and describe gaps in knowledge and research.

Methods : A scoping review of systematic reviews was conducted from February through May 2023 across five electronic databases. Eligible reviews were categorised according to their thematic topic and examined descriptively.

Results : Three main thematic topics emerged from the 47 eligible reviews: the prevalence and health outcomes of poor sleep and interventions to improve sleep. Additionally, there was one review each on risk factors and patient experiences of sleep problems. Prevalent sleep problems were reported, particularly among people receiving haemodialysis. Non-pharmacological interventions, such as aromatherapy, auricular acupressure, physical training, nurse-based education, and progressive muscle relaxation, showed an improvement in sleep quality in meta-analyses, and exercise, cool dialysate, aromatherapy, and gabapentin alleviated the severity of restless leg syndrome. Improvement in sleep apnoea was associated with nocturnal haemodialysis or higher-intensity dialysis therapy. However, the diverse range of assessment tools used to evaluate these sleep domains resulted in considerable result heterogeneity.

Conclusions : Evidence supporting interventions to improve sleep in CKD is limited due to the heterogeneity in study design and outcome measurement tools. This heterogeneity may explain the existing knowledge gap and inconsistency in practice. Further research is needed to standardise sleep assessments and prioritise future systematic reviews to understand the risk factors of sleep from patients' perspectives due to the lack of evidence in the current literature guiding the prevention strategies.