Insomnia

Problems of sleep disturbances have been reported by over 50% to 90% of dialysis patients surveyed. \(^1\)\(^-\)\(^2\) Research has also shown that these patients have a high incidence of specific primary sleep disorders such as sleep apnea syndrome, periodic leg movement disorder, and restless legs syndrome. \(^3\)\(^-\)\(^5\)

**TREATMENT GUIDELINE PROTOCOL**

1. A complete history and physical exam should be performed to assess for signs of sleep apnea or restless legs syndrome. If these conditions are suspected the patient should be referred for diagnostic sleep studies.
2. Avoid caffeinated beverages after noontime. Limit consumption to no more than two cups per day.
3. Do not smoke just before bedtime or during the night.
4. Avoid alcoholic beverages in the evening.
5. Do not nap during the day.
6. If sleep apnea has been ruled out a sleeping pill can be prescribed:
   - Ambien 5-10mg qhs
   - Restoril 7.5-30mg qhs
   - Dalmane 15-30mg qhs
   - Halcion 0.125-0.25 mg qhs

**References**