[MP628] THE ASSOCIATION BETWEEN FEEDING HABITS, NUTRITIONAL PARAMETERS AND QUALITY OF SLEEP IN HEMODIALYSIS PATIENTS

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INTRODUCTION AND AIMS:
Patients with end stage renal diseases (ESRD) suffer from sleep disturbances. Subjective sleep complaints have been reported in up to 80% of patients with ESRD. Although the increased prevalence of sleep disorders in patients with ESRD is well established, no study, to our knowledge, has investigated the relation between sleep disorders and nutritional characteristics in patients receiving hemodialysis (HD). The aim of this study was to investigate the associations between feeding habits, nutritional parameters and quality of sleep in HD patients.
METHODS:
A nested case-control study was designed. Eighty four patients fulfilling the inclusion criteria were enrolled. All the patients were receiving HD for three times a week. Serum fasting blood glucose, urea, creatinine, serum albumin, prealbumin, potassium, phosphorus, total cholesterol, Very Low DensityLipoprotein (VLDL) , Low Density Lipoprotein (LDL), High Density Lipoprotein (HDL), triglyceride, hemoglobin, total protein, uric acid, sodium, calcium, total lymphocyte count, serum iron level, ferritin and total iron binding capacity values were measured in predialysis blood samples in all patients. The questionnaire developed by the researchers included 17 questions about socio-demographic features including gender, age, marital status, education, financial status, employment, health insurance, the number of people in the household and whether the house/flat was rented or not, time to start treatment, frequency and duration of HD, primary renal disease, fluid intake between two dialyses, smoking and the number of cigarettes smoked and taking medicine. The Pittsburgh Sleep Quality Index (PSQI) was used to evaluate the quality of sleep. Anthropometric findings (body mass index, circumference of the upper middle arm and skin thickness on the triceps), biochemical findings and Arizona Food Frequency Questionnaire (AFFQ) were used to evaluate nutritional status. All data were collected by the researchers at face to face interviews.
RESULTS:
The quality of sleep was poor in 51.2% of the patients. These patients were older than the patients with the good quality of sleep (44.0 ± 13.0 vs. 37.4 ± 11.8, $p<0.01$). The patients with the good quality of sleep consumed significantly more meat-offal-cheese-egg ($p<0.01$) and fruit ($p<0.05$). The patients with the poor quality of sleep had significantly lower albumin ($p<0.01$), pre-albumin ($p=0.02$) and total lymphocyte counts ($p=0.02$). The patients having gastrointestinal complaints (especially stomachache and flatulence) had the poor quality of sleep.
CONCLUSIONS:
There is a significant relation between quality of sleep and age, albumin and prealbumin levels, total lymphocyte count and consumption of meat-offal-cheese-egg and fruit. Gastrointestinal problems more frequently appear in HD patients with the poor quality of sleep.

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