

GRAPHICAL ABSTRACT SAMPLE WORK

Sleep Apnea in Maintenance Hemodialysis: A Mixed-Methods Study

How does sleep disturbance affect hemodialysis patients?



METHODS AND COHORT



Adults on maintenance HD with OSA (**n = 36**)



Polysomnogram & Epworth Sleepiness Scale (ESS)



Interview to explore patient experience (**n = 26**)

FINDINGS



Severity of sleep apnea did not affect patients' sleep duration, sleep efficiency or ESS.

However,



reported broken sleep



felt unrefreshed upon waking

THEMES FROM INTERVIEW



Broken sleep



Feeling unrefreshed



Impact of poor sleep



Having to "soldier on"



CONCLUSION: Sleep disturbance is common and has a profound impact on health and QoL of hemodialysis patients. The conflicting message between patient interview and self-reported questionnaires indicates a need for multidisciplinary approaches and improved patient communication to truly capture the health needs of individuals.



Adapted From:

Adapted From: Chu, G., Price, E., Paech, G. M., Choi, P., & McDonald, V. M. (2020). Sleep apnea in maintenance hemodialysis: A mixed-methods study. *Kidney Medicine*, 2(4), 388–397.
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