

## Are you sleeping?



Regular exercise can lower stress, a common cause of insomnia. Transplant recipient Diane Nelson walks her dog in Seattle.

A good night's sleep does more than make you feel rested. Sleep benefits your body, mind and mood. It boosts your immune system and enables you to form memories. People who sleep longer tend to experience less anxiety and depression.

### **About half of dialysis patients report sleep problems:**

- Insomnia (trouble falling asleep or staying asleep)
- Nightmares
- Restless legs syndrome
- Sleep apnea

Besides fatigue, poor sleep has been associated with a loss of kidney function and heart and circulation problems. It may even relate to obesity; people who get more sleep tend to eat fewer calories. Not surprisingly, insomnia has been linked with depression and anxiety.

A study on dialysis patients' sleep issues is underway at the Kidney Research Institute. Contact Lori Linke at 206-720-3835 or [lilinke@nephrology.washington.edu](mailto:lilinke@nephrology.washington.edu) to learn more or join.

## How to sleep better

If you don't get 7 to 9 hours of good sleep nightly, try these ideas:

- Create a routine with regular sleep and wake times.
- Limit daytime naps to 30 minutes.
- Follow a regular exercise routine to reduce stress.
- Turn off phones, computers and TV one hour before bed. Don't eat or drink for two hours before bed.
- At bedtime, try aromatherapy, soft music, a white noise machine, eye shades or blackout curtains.
- If you can't fall asleep, get out of bed and make a to-do list for the next day or two, and then return to bed.



Registered nurses Joseph Castro and Zenaida Arenas at Northwest Kidney Centers in Auburn. Talk with your care team if you need help with sleep.

## Get ready and get peace of mind

**Build your emergency kit.** Use the checklist at [www.nwkidney.org/emergencykit](http://www.nwkidney.org/emergencykit). Keep items in one container (backpack, bin, suitcase, etc.). Store in a clean, dry place.

**Have emergency diet foods on hand.** The emergency diet is available at [www.nwkidney.org/emergency-diet](http://www.nwkidney.org/emergency-diet). If you can't dialyze, use the emergency diet for up to five days.

**Update your contact information.** Make sure your unit coordinator has at least three ways to reach you: home, work, cell numbers, relatives, etc.

**List your important contacts.** Include your Northwest Kidney Centers clinic, health care providers, friends and relatives both in and outside your area.

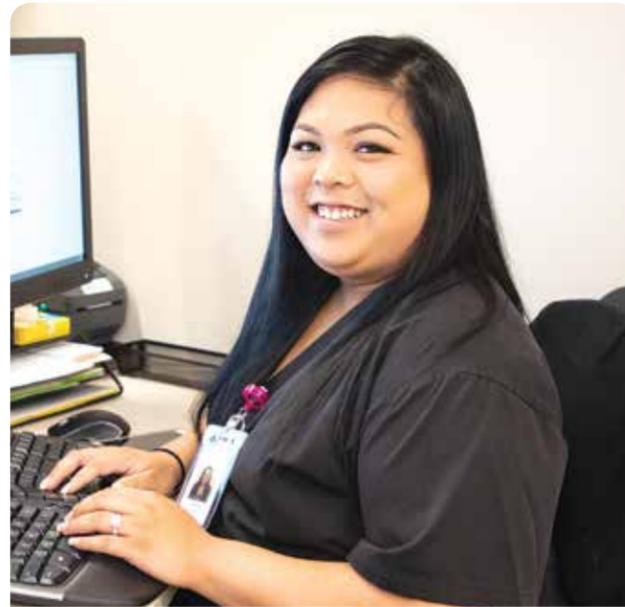
**Keep a week's supply of medications.** Keep at home and anywhere you spend time. Ask your doctor about kayexalate, a medication that removes potassium, in case you miss dialysis.

**Make backup transportation plans.** Your social worker can help you sign up:

- Metro ACCESS. Transport to locations served by public transit in shared vehicles. Call 206-205-5000 or email [Accessibleservices@kingcounty.gov](mailto:Accessibleservices@kingcounty.gov). Eligibility takes up to three weeks.
- Hopelink. Non-emergency medical transportation in King County. Available to eligible patients with DSHS Medicaid. Call 800-923-7433 to register.



Driver Rickey Miller helps Colleen Beckman get to the Federal Way East clinic. Make your backup transportation plans today.



Unit coordinators like Elishia Sunga at our Federal Way East clinic maintain patient contact information. Be sure your unit has three ways to reach you.

## What to do

### If you're at home when an emergency happens...

**Stay connected.** Call your clinic to confirm it is open and to let us know your status. Our staff will call you if rescheduling your treatment is necessary.

If you can't reach your clinic, call 206-292-3001 to get a recording about status of our facilities or visit [www.nwkidney.org](http://www.nwkidney.org).

**Start the emergency diet** if you can't get to dialysis treatment.

### If you have to leave home...

**Take essential items with you:** contact list, list of medications and all medications. If you store your contacts on your phone, take your phone and charger with you.

If you go to an emergency shelter, tell staff right away that you are a dialysis patient with special medical and dietary needs.

## Medication reminders

### Get your flu shot

If you haven't already, be sure to get a flu shot next time you come in for treatment. We recommend that all patients get an annual flu shot.



### Mircera replaces Aranesp

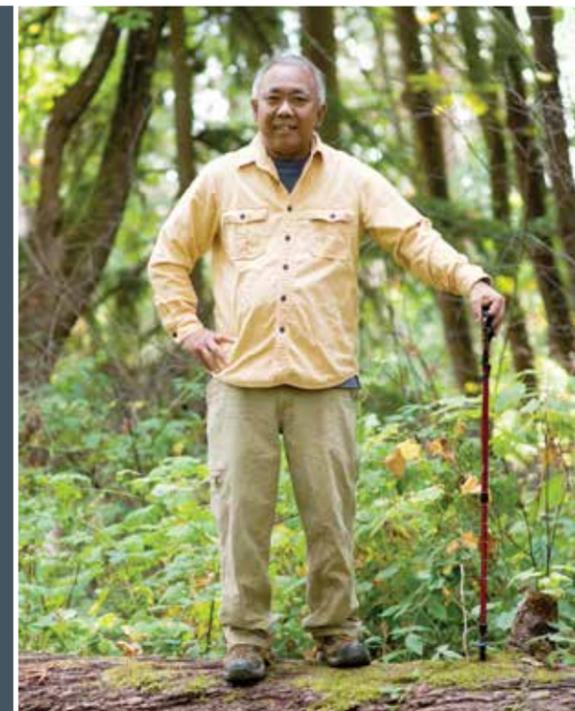
Patients in Northwest Kidney Centers South Puget Sound clinics recently switched from Aranesp to Mircera, and patients in all other Northwest Kidney Centers clinics will change by the end of the year. Both drugs help keep your hemoglobin and hematocrit at healthy levels, but Mircera lasts longer so you'll need it less often. Talk with your doctor if you have questions.



## What's your Next Step?

What's next? Dialysis treatments at home on your own schedule? A kidney transplant? Explore your options at free Next Step classes. See the list of upcoming dates and sites at [www.nwkidney.org/classes](http://www.nwkidney.org/classes).

Stan Iwata's next step was a kidney transplant. What's next for you?



## Holiday plans?

### Let us know

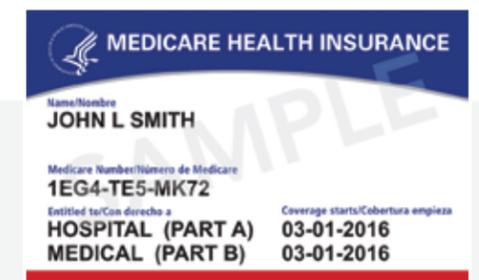
Patients sometimes miss treatments around holidays. If you know you will miss an appointment, please call your care team to reschedule. Regular dialysis is important to keep you feeling your best.

## Something on your mind?

### Talk with our staff

If you ever have concerns or suggestions about your dialysis care, please speak directly with the unit manager, social worker or charge nurse at your Northwest Kidney Centers clinic. This is the fastest way to resolve an issue.

Your care will not be affected by bringing your concerns forward, and we will not retaliate if you express a negative opinion. Hearing from you ensures that we can improve your experience.



## Show us your new Medicare card

Please bring your new card when you come for your treatment so we can confirm your new Medicare Beneficiary Identifier number. Your coverage does not depend on your new card or new identifier number.



[www.nwkidney.org](http://www.nwkidney.org)  
[pr@nwkidney.org](mailto:pr@nwkidney.org)  
206-292-2771

**Pharmacy:**  
206-343-4870  
1-800-947-8902



Northwest Kidney Centers promotes the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.

### Talk to someone who's been in your shoes

The Renal Support Network's HOPEline offers peer support for people with chronic kidney disease, family members and caregivers.

Call HOPEline toll-free at 800-579-1970, Monday through Friday from 10 a.m. to 6 p.m. PST.



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David Lyons exercises at his home. Staying active year-round will help you feel better and live a healthier life.

## Exercise ideas for cold weather

Don't let the weather stop you. Be good to yourself by staying active year-round:

- Walk at the mall.
- Join a health club. Ask your dietitian about reduced rates at area YMCAs.
- Work out to an exercise video from the library.
- Take a class in yoga or dance at a community center.
- Clean up. Regular housework is a great way to stay active while keeping your home the way you like it.