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## **Predialysis fluid overload linked with quality of sleep in patients undergoing hemodialysis**

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### **Abstract**

*Objective:* Hemodialysis (HD) patients are exposed to dysregulated fluid balance which can lead to overhydration. Poor sleep quality and excessive daytime sleepiness are particularly common in these patients, however the relationship between fluid status and sleep quality and daytime sleepiness has not yet been studied. Therefore, the aim of this study is to evaluate the correlations between fluid status and sleep quality and daytime sleepiness in HD patients.

*Method:* This cross-sectional study included 115 HD patients and 30 healthy control subjects from the HD center of Shanghai Ninth People's Hospital. Fluid compartments [total body water (TBW)], extracellular water (ECW)] and overhydration index (OH) were analyzed by multifrequency bio-impedance (BCM). Overhydration was defined as  $OH/ECW \geq 7\%$ . HD patients were divided into an overhydration group and no overhydration group according to OH/ECW. Sleep quality was assessed

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