

Ways to Manage Fatigue with Chronic Kidney Disease

Prioritize quality sleep	Try to get at least 7 hours of sleep each night. Avoiding late-night caffeine, keeping your bedroom dark and quiet, exercising during the day, and going to bed and waking up at consistent times can all help improve your sleep quality.
Exercise regularly	Many studies have found that regular exercise can reduce fatigue in people with chronic kidney disease (CKD). Adults should aim to do at least 150 minutes of moderate-intensity aerobic exercise per week and muscle-strengthening activities at least 2 days per week.
Conserve your energy	You might have limited energy each day, and that's OK. Try saving strenuous chores for when you feel the most energetic and take frequent breaks throughout the day. Also, consider declining events that you don't feel up to attending.
Meet your nutritional needs	Eating a balanced diet and drinking enough water can boost your energy levels and give you the sustenance you need to take on each day. Addressing potential nutritional deficiencies can help as well.
Manage underlying health conditions	People with CKD have a higher risk of conditions such as cardiovascular disease, diabetes, and depression — all of which may lead to fatigue. Speak with a doctor to learn how to lower your risk or manage symptoms of these conditions.