

RECOVERY TIME



CONVENTIONAL HD
8 Hours



MORE FREQUENT HD
1 Hour



NOCTURNAL HD
Minutes

87%

improvement
in time to recovery
from conventional
to more frequent¹

98%

improvement
in time to recovery
from conventional
to nocturnal²

WHY DOES IT MATTER?

Chronic, prolonged recovery times
associated with increased risk of death³

EACH HOUR = 5%
increased
risk of death



8 HOURS — **48%**
4 HOURS — **22%**
1 HOUR — **5%**

www.AdvancingDialysis.org

1. Jaber BL, Lee Y, Collins AJ, et al. Effect of daily hemodialysis on depressive symptoms and postdialysis recovery time: interim report from the FREEDOM (Following Rehabilitation, Economics and Everyday-Dialysis Outcome Measurements) Study. Am J Kidney Dis. 2010;56(3):531-539. doi:10.1053/j.ajkd.2010.04.019.

2. Lindsay RM, Heidenheim PA, Nesrallah G, Garg AX, Suri R, Daily Hemodialysis Study Group London Health Sciences Centre. Minutes to recovery after a hemodialysis session: a simple health-related quality of life question that is reliable, valid, and sensitive to change. CJASN. 2006;1(5):952-959. doi:10.2215/CJN.00040106.

3. Rayner HC, Zepel L, Fuller DS, et al. Recovery time, quality of life, and mortality in hemodialysis patients: the Dialysis Outcomes and Practice Patterns Study (DOPPS). Am J Kidney Dis. 2014;64(1):86-94. doi:10.1053/j.ajkd.2014.01.014.