

Video 2 Preserving Kidney Function

Key Notes

Making small lifestyle changes that are within our control can lead to big gains in our health.

Sleep is important for good health

- Aim for seven or more hours of sleep each night
- Before bed, limit exposure to electronic devices such as televisions, phones, and computers
- Eating regularly throughout the day and limiting caffeine in the afternoon and evening can also improve sleep
- Try to spend some time in natural sunlight each day

Regular physical activity is also important for health

- Strive for 30 minutes of physical activity 5 days per week and limit sitting
- Before engaging in planned exercise, be sure to warm up and allow time to cool down when you are done

Manage stress

- Stress can lead to anxiety, depression, lower immunity, and overeating
- Learning helpful coping skills and stress reduction techniques can improve sense of well-being

Limiting the following items can also improve our health and kidney function

- Highly processed foods, like prepared foods with added sugar, and sodium
- Caffeine
- Alcohol
- Tobacco
- Drugs that can raise one's blood pressure and disrupt sleep



In Addition

Review your prescribed and over the counter medications with your kidney doctor, as some may have a negative impact on your kidneys.

Choose mostly whole, plant-based foods. There are additional handouts with nutrition information for kidney health.