

# Getting a Good Night's Sleep

**Presenters:** Felicia Speed, LMSW and  
Tricia McCarley, RN, MSN, ACNP

## Key Points:

1. Outline the sleep issues kidney patient have (restless leg syndrome, stress, etc)
2. How they can be addressed
3. The factors that play a part in getting a good night's sleep
4. The importance of "enough sleep" and the different types of sleep



## About the Presenter:

**Felicia Speed, LMSW** is the Vice President of Social Work Services for Fresenius Kidney Care. She currently provides oversight and guidance to social workers across the country to address psychosocial barriers of patients and to improve social work competency and. She has over 20 years as a dialysis social worker.

**Tricia McCarley, RN, MSN, ACNP** is the Vice President of Strategic Quality Operations at Fresenius Kidney Care. In this role she develops, evaluates, and implements strategic initiatives to ensure the provision and delivery of quality patient care. Tricia has more than 45 years' experience in Nephrology clinical practice.



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**2:00pm EST**