

**The 41st Wink**

Better Sleep For Life

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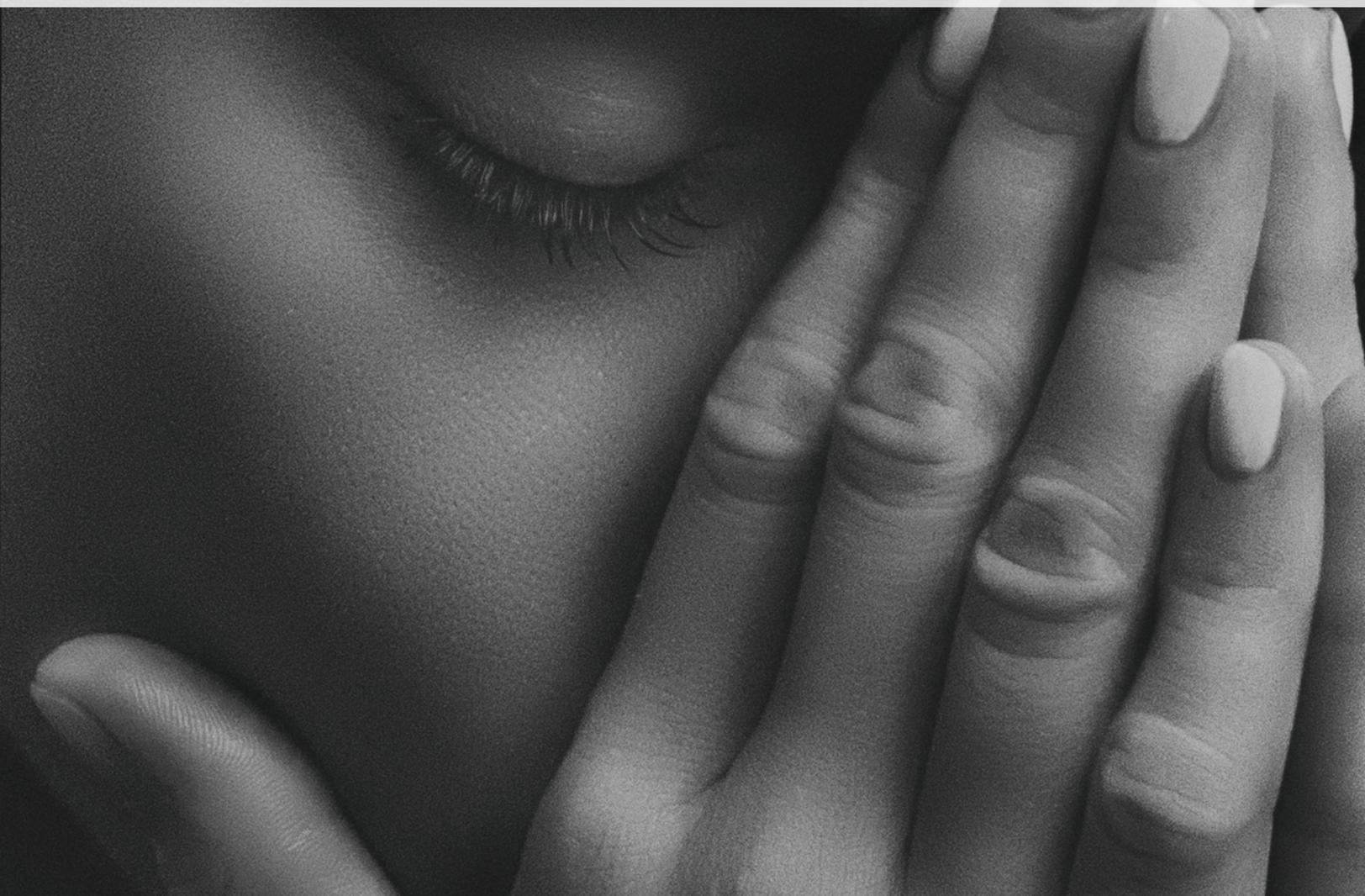
# Sleep and Diabetes



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Diabetes and sleep are intricately connected, and many people with type 2 diabetes experience poor sleep quality or insomnia.

It's estimated that one in two people with type 2 diabetes have sleep problems due to unstable blood sugar levels and accompanying diabetes-related symptoms.

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Just as diabetes can cause sleep problems, sleep problems also appear to play a role in diabetes. Getting poor sleep or less restorative slow-wave sleep has been linked to high blood sugar levels in people with diabetes and pre-diabetes.

Researchers believe that sleep restriction may affect blood sugar levels due to its effects on insulin, cortisol, and oxidative stress.

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A young girl with blue eyes and dark hair tied back is looking up at a doctor. The doctor, wearing glasses and a white lab coat, is holding a blue and yellow insulin pen. The background is a plain, light-colored wall.

One-quarter of people with diabetes report sleeping less than six hours or more than eight hours a night, which puts them at a higher risk of having elevated blood sugar.

In addition to raising blood sugar levels in people who already have diabetes, sleep deprivation also raises the risk of developing insulin resistance in the first place. This link becomes apparent as early as childhood.

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In addition to its immediate effects on blood sugar levels, poor sleep can take a long-term toll on individuals with type 2 diabetes.

There is tentative evidence to suggest that people with diabetes who do not get enough sleep may be at a higher risk for cognitive decline later in life.

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Individuals with type 2 diabetes have a higher chance of developing accompanying sleep disorders, the most common being restless legs syndrome and obstructive sleep apnea.

The American Diabetes Association estimates that up to one in four people with type 2 diabetes also suffers from OSA (Obstructive Sleep Apnea) and a further quarter of type 2 diabetics suffer from other sleep-related breathing disorders.