

# Healthy Sleep and Diabetes MS 2022

- Proper amounts of rest positively impact the physical and mental health, moods, and energy levels of individuals. A lack of sleep can lead to an increased risk of type 2 diabetes, heart disease, obesity, and depression.
- Individuals living with diabetes who do not receive adequate amounts of rest can experience negative changes in their eating habits, response to insulin, and mental health.
- Studies mention that a lack of sleep also results in prediabetes and glucose tolerance, yielding conditions such as insomnia and obstructive sleep apnea.
- Evidence from various studies recommends that adults receive at least seven (7) hours of sleep nightly.

## For adults dealing with diabetes receiving less than 7 hours of sleep nightly, can result in adverse complications such as:

- increased insulin resistance,
- negative changes in appetite (decreased fullness sensation),
- increased junk food consumption,
- difficulty losing weight,
- increased blood pressure,
- decreased immune response, and
- increased risk of depression and anxiety.

## Diabetes and Healthy Sleep, MS 2022: Facts

- About 4 in every 10 individuals with diabetes reported inadequate sleep.
- Diabetic females reported 16% higher inadequate sleep than diabetic males for the years 2020 and 2022.
- Individuals aged 18-44 and 45-64 years have higher inadequate sleep when compared to older adults (65+).
- Diabetic individuals with higher education levels (College grad: 33.7%) had less percentage of people with inadequate sleep when compared to individuals with some college (43.6), High school(40.8%), or less than High School (41.1%).

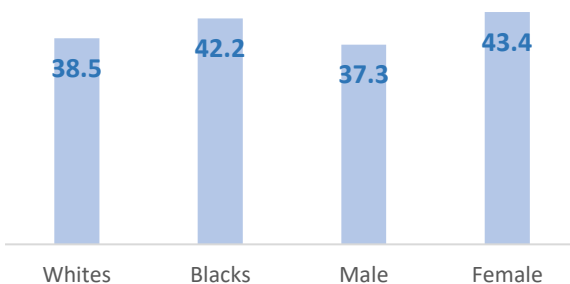
## To increase the quality and quantity of sleep, it is recommended to:

- engage in daily physical activities,
- mentally unwind, and relax before bedtime by reading, writing in a journal, or take a shower,
- limit the use of electronic devices, and resort to the bed only when tired.

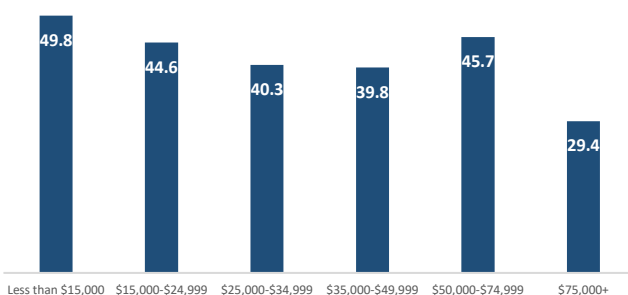
## Factors that decrease the quality of sleep include:

- overconsumption and the time of day in which caffeine is consumed,
- evening alcohol consumption,
- large nightly meals,
- daily naps after 3 p.m.,
- nicotine use

% of Diabetics with Inadequate Sleep by Race and Gender, MS 2020-2022



% of Diabetics with Inadequate Sleep by Income level, MS 2020-2022



Source:

CDC, BRFSS 2020-2022, The Impact of Poor Sleep on Type 2 Diabetes, NIH