



Sleep and Diabetes

some facts

- Sleep-related problems affect 50-70 million Americans
- Nearly 24 million adults and children in the U.S. have diabetes
- 36% of people with diabetes also have sleep apnea – a common sleep disorder caused by frequent closing of the air passages
- 15% of people with sleep apnea also have diabetes

Sleep

Sleep is a period of rest and rejuvenation for the brain and body. Proper sleep is essential to overall health.

Nearly everyone needs between 7 and 9 hours of quality sleep each night for good health. Many of us average less than the recommended amount. Some of us get poor quality sleep, which may be due to an underlying sleep disorder.

sleep apnea

What are some symptoms of Obstructive Sleep Apnea (OSA)?

- Snoring
- Feeling tired or sleepy during the day
- Nighttime gasping, choking or coughing
- Non-refreshing sleep
- Waking up frequently during the night to use the bathroom
- Morning headaches
- Trouble concentrating, forgetfulness
- Irritability, low mood
- Dry mouth or dry throat in the morning

Sleep Disorders

Sleep disorders are medical problems that interfere with sleep by reducing either the amount or the quality of sleep. Sleep disorders may leave you feeling tired or fatigued during the day and affect your ability to concentrate and make decisions. Sleep disorders can have serious health consequences, including increased risk of weight gain, hypertension, heart disease, stroke and diabetes.

The good news? Most sleep disorders can be treated.

Diabetes

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a key hormone needed to convert sugar, starches and other foods into energy for everyday living. People with diabetes are at risk for complications that can harm their eyes, kidneys, nerves and heart.

The Sleep and Diabetes Connection

- Sleep deprivation can interfere with the control of insulin leading to elevated blood glucose (sugar) levels and an increased risk of complications
- Sleep apnea may contribute to the development of diabetes and difficulty managing blood glucose levels
- Treating sleep apnea can help with controlling blood glucose levels in people with diabetes
- People with diabetes are at higher risk for sleep problems caused by leg pain due to neuropathy and restless legs syndrome (an irresistible urge to move your legs at night)

What's Next?

Research has shown that treating certain sleep disorders may improve your diabetes care and lower your risk of complications. If you are having trouble sleeping, contact your physician or a sleep specialist for an evaluation.

Diagnosing a Sleep Disorder

Diagnosis of a sleep disorder is usually simple and begins with a thorough review of your health history. It may also require an overnight sleep study for additional observation.

The Sleep Study

Sleep tests can take place at home or at a sleep center in a private, hotel-like room. The test monitors and records sleep patterns, breathing and heart activity while you sleep. If you have the test in a sleep clinic, a specialist will monitor you from an adjoining control room, and will remain awake and available to you throughout the night.

Treatment Options

After your sleep study, a report is sent to your referring or primary care physician. There are many treatment options available and recommendations will vary based on your diagnosis.

By successfully treating your sleep disorder, you may also notice the following benefits:

- Feeling more awake and alert during the day
- Increased motivation
- More energy during the day
- A greater sense of well-being
- Improved relationships
- Deeper, sounder sleep

the sleep
study
process



Physician
evaluation



Getting ready for
the sleep study



Sleeping during
the sleep study



Physician reviewing
sleep study results

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