

# Managing Diabetes for Better Rest

Sleep plays a crucial role in overall health, but for individuals with diabetes, the relationship between sleep quality and blood sugar management can be particularly complex.

Many people with diabetes experience disrupted sleep patterns due to factors such as fluctuating blood glucose levels, stress, and medication side effects.



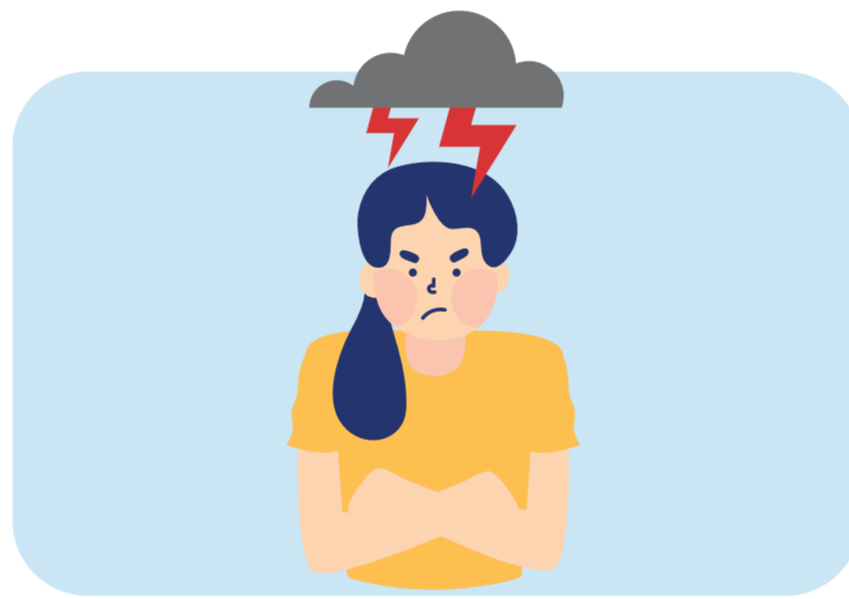
## How Diabetes Can Affect Sleep

Diabetes and pre-diabetes have been linked to sleep problems. Effects of a lack of sleep or poor sleep quality include:



### Mental abilities

Poor attention span and memory, impaired judgment and reaction time, and difficulty concentrating



### Emotional state

Irritability and other mood disturbances, and difficulty managing intense emotions



### Physical state

Fatigue, weakened immunity, high blood pressure, and weight gain

## Ways to Improve Sleep Quality

- Avoid large meals before bed
- Maintain a regular bedtime and wake time routine
- Avoid caffeine four to six hours before bedtime
- Keep your bedroom dark, cool, quiet, and comfortable
- Exercise regularly, and light exercises can be included in the evening
- Switch off or avoid using electronic devices at least 30 minutes before bedtime

