



DIABETES AND

Sleep

Quality sleep is essential for overall health and well-being, but it also plays a significant role in diabetes management.

Understanding the relationship between sleep and diabetes can help individuals with diabetes prioritize healthy sleep habits to improve blood sugar control and reduce the risk of complications.

Adequate sleep promotes mental and physical well-being, which are essential for managing stress and maintaining a balanced lifestyle with diabetes.

THE CONNECTION BETWEEN SLEEP AND DIABETES

Impact on Blood Sugar Levels:

- Poor sleep quality or inadequate sleep duration can affect hormone regulation, leading to insulin resistance and higher blood sugar levels.
- Sleep deprivation disrupts the body's ability to regulate glucose metabolism, increasing the risk of hyperglycemia.

Influence on Weight Management:

- Sleep deprivation alters hunger hormones, increasing appetite and cravings for high-calorie foods, which can contribute to weight gain and obesity.
- Obesity is a significant risk factor for type 2 diabetes, highlighting the importance of adequate sleep in weight management and diabetes prevention.

Effect on Insulin Sensitivity:

- Quality sleep promotes optimal insulin sensitivity, allowing cells to efficiently use glucose for energy and reducing the need for higher insulin levels to control blood sugar.
- Chronic sleep deprivation or poor sleep quality can lead to insulin resistance, impairing blood sugar control and increasing the risk of type 2 diabetes.

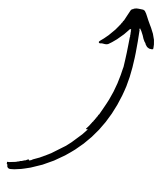




DIABETES AND *Sleep*



Improving sleep quality is effortless with high-quality mattresses and bedding, offering the comfort and support needed for a restful night's sleep.



TIPS FOR BETTER SLEEP

PRIORITIZE YOUR BED FOR SLEEP AND INTIMACY

Reserve your bed solely for sleep and intimate moments, avoiding activities like eating, scrolling, or working.

KEEP YOUR BEDROOM AS DARK AS POSSIBLE

Invest in blackout curtains and unplug devices with bright lights to create a dark environment conducive to sleep.

MINIMIZE SCREEN TIME BEFORE BED

Reduce exposure to stimulating screens. Blue light can disrupt melatonin production and affect sleep quality. Consider wearing blue light-blocking glasses, activating blue light filters on devices, or switching devices to airplane mode during sleep.

EXPOSE YOURSELF TO BRIGHT MORNING SUNLIGHT

Expose yourself to bright morning sunlight to regulate your circadian rhythm, boost daytime energy levels, and improve sleep quality at night.

INCORPORATE REGULAR PHYSICAL ACTIVITY

Engage in regular physical activity during the day to promote better sleep quality at night.

LIMIT FOOD INTAKE BEFORE BED

Finish eating at least two hours before bedtime to avoid disruption of sleep. Opt for a balanced meal containing protein, healthy fats, and complex carbohydrates to stabilize blood sugar levels overnight.