

How Patients With Diabetes Can Improve Sleep

10 TIPS FOR SLEEP SUCCESS

1. Go to bed and get up at the same times each day.
2. Exercise 20 minutes every day, but not late in the day.
3. Limit caffeine, smoking, and alcohol, especially after 3 pm.
4. Don't go to bed too hungry or too full.
5. Have a quiet hour of music or reading before bed.
6. Turn off TVs, mobile phones, tablets, and other electronic screens at least 1 hour before bed.
7. Sleep in a cool, dark room.
8. Use bed only for sleep and sex.
9. Avoid napping during the day.
10. Deal with your worries before bedtime; writing them down may help.

TROUBLE SLEEPING?

Most people have trouble sleeping from time to time. If it continues for more than 2 weeks in a row, see your doctor for help.

Sleeping and sleep quality may be affected by:

- sleep apnea (loud snoring or interrupted breathing)
- restless leg syndrome (uncomfortable sensations in legs and urge to move them)
- insomnia (hard to fall asleep, stay asleep, or sleep well)
- back or leg pain
- anxiety or depression

Sleep is important!