

How diabetes can affect sleep

- Diabetes and pre-diabetes has been linked to problems sleeping well.
- Effects of lack of sleep or poor sleep quality include and are not limited to:
 - ↳ **Mental abilities:** Poor attention, concentration and memory, impaired judgment, and reaction time
 - ↳ **Emotional state:** Irritability and other mood disturbances, difficulty managing intense emotions
 - ↳ **Physical state:** Fatigue, weakened immunity, high blood pressure, weight gain

