

Sleep problems in diabetes

- As with many chronic conditions, the emotional struggle of coping can contribute to depression or stress about the disease itself. These affect your stress-related hormonal cycle and disrupt your sleep cycle. You may take longer to fall asleep, be awake more than usual through the night or wake far too early in the morning.
- Insomnia happens when a person experiences sleep difficulties and related daytime symptoms, like fatigue and attention issues.
- Those with insomnia commonly feel distressed about their inability to sleep and daytime symptoms caused by sleep issues.
- The distress and frustrations of not being able to fall asleep, worries and fears from not sleeping can reinforce the sleep difficulties. Symptoms can be severe enough to affect your work or school performance, as well as social or family life.

Talk to your doctor about sleep issues.

Based on your personal situation, your doctor may be able to recommend sleep aids or additional ways to get better sleep. They may even conduct a sleep study, to see if a sleep disorder is a potential contributor to your sleep problems.

Common sleep disorders in diabetes:

- Obstructive sleep apnoea
- Restless leg syndrome