

How diabetes can affect sleep

- High blood sugar (hyperglycaemia) and low blood sugar (hypoglycaemia) during the night can lead to **insomnia and next-day fatigue**.
 - ↳ When blood sugar levels are high, the kidneys overcompensate by causing you to urinate more. During the night, these frequent trips to the bathroom can disrupt sleep. High blood sugar may also cause headaches, increased thirst, and tiredness that can interfere with falling asleep.
 - ↳ In contrast, going too many hours without eating or taking the wrong balance of diabetes medication can also lead to low blood sugar levels at night. This can cause nightmares, or wake you up at night drenched in sweat, or make you feel irritated or confused when you wake up.

