



Diabetes: Sleep & Blood Sugar

Sleep quality strongly influences glucose control. Even one poor night raises insulin resistance the next day. Chronic sleep loss accelerates diabetes progression. Prioritizing sleep is glucose management.

Sleep deprivation raises cortisol and reduces insulin sensitivity. It also increases appetite hormones, leading to higher carbohydrate intake. Lab trends often show rising fasting glucose and A1C in chronically sleep-deprived individuals. Improving sleep consistency stabilizes blood sugar independent of diet changes.

01 Is This Your Story?

A patient eats well but sleeps five hours nightly. Morning glucose remains elevated. When sleep duration increases to seven hours, fasting glucose improves within weeks and A1C stabilizes at the next check.

02 Try This Today

Measure: Track sleep duration and morning energy for one week.

Do: Commit to a consistent bedtime tonight.

Reflect: Ask whether sleep is being treated as essential therapy.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

