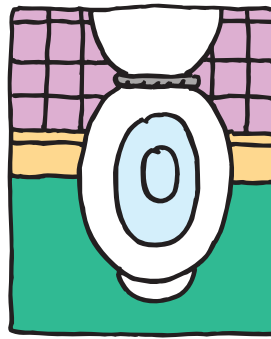


# DIABETES AND SLEEP



Getting a good night's sleep can be hard for people with diabetes. A stressful day, being thirsty, or having to urinate often are just some of problems that can keep someone awake at night.



Other sleep problems may include:

- stop-and-start breathing that can shorten sleep or cause one to wake up (medical term: sleep apnea)
- odd leg movements or legs that feel numb, tingly, or painful
- trouble falling asleep, staying asleep, or sleeping well (medical term: insomnia)



## What can you do?

Try these tips for a good night's sleep:

- Go to bed and get up at the same time each day
- Exercise 30 minutes a day (but not late in the day)
- Limit caffeine and alcohol, especially after 3 PM
- Have a quiet hour of talking, listening to music, or reading before bedtime (no TV, cell phone, computer)
- Sleep in a cool, dark room



See your doctor if you have a sleeping problem that won't go away. A good night's sleep is important for everyone.