

Diabetes and Sleep Tip Sheet

What is diabetes?

Diabetes is a disease that affects how your body turns food into energy

Diabetes risk factors:

- ❖ Overweight (80 times more likely)
- ❖ 45 years or older
- ❖ Family member with type 2 diabetes
- ❖ Physically active less than 3x per week
- ❖ African American, Hispanic, Indian, or Alaska Native

Diabetes symptoms:

- ❖ Urinate (pee) a lot, often at night
- ❖ Are very thirsty
- ❖ Lose weight without trying
- ❖ Are very hungry
- ❖ Have blurry vision
- ❖ Have numb or tingling hands or feet
- ❖ Feel very tired
- ❖ Have very dry skin
- ❖ Have sores that heal slowly
- ❖ Have more infections than usual

The Diabetes Sleep Connection:

- Poor sleep linked to higher sugar levels
- Poor sleepers 40% more likely to develop diabetes
- Diabetes causes people to sleep more poorly

New approach to diabetes:

- Current treatment focuses on lifelong management
- New approach focused on reversing diabetes by treating the root cause (excess sugar in diet)

5 things to do to prevent and reverse diabetes:

- 1) Get a check up
- 2) Eat a low carb diet
- 3) Get regular sleep
- 4) Lose weight
- 5) Stay active

Useful links:

Diabetes.org (American Diabetes Association)

<https://www.diabetes.org/diabetes>

Reversing Type 2 Diabetes

<https://www.diabetes.co.uk/reversing-diabetes.html>

The Diabetes Code, Jason Fung MD

<https://thefastingmethod.com/book/the-diabetes-code/>

MyPlate Meal Planning (USDA)

<https://www.myplate.gov/>

125 Quick Low Carb Dinners Ready in 30 Minutes or Less

<https://www.eatwell101.com/quick-low-carb-dinner-recipes>

90 Low-Carb Dishes

<https://www.delish.com/cooking/recipe-ideas/g3593/low-carb-recipes/>

What to Do If You Live in a Food Desert

<https://www.eatthis.com/food-desert/>

Sleep Your Way to a Better Life Webinar Series