

Why Sleep Matters for Managing Diabetes

Living with diabetes can be more than just physically challenging. It’s important to prioritize your emotional and mental health for well-being.

Key Points

- **Diabetes and Sleep Disorders:** Diabetes can lead to sleep disturbances like sleep apnea, restless leg syndrome, and insomnia.
- **Sleep and Diabetes Management:** Poor sleep can negatively impact blood sugar control, increasing the risk of complications.
- **Improving Sleep Hygiene:** Establishing a regular sleep schedule, creating a relaxing bedtime routine, and optimizing your sleep environment can enhance sleep quality.



Strategies for Better Sleep

- **Manage Blood Sugar Levels:** Consistent blood sugar control can minimize sleep disturbances.
- **Create a Sleep-Conducive Environment:** Ensure your bedroom is dark, quiet, and cool.
- **Establish a Regular Sleep Schedule:** Go to bed and wake up at the same time each day.
- **Limit Screen Time Before Bed:** Reduce exposure to electronic devices to promote better sleep.
- **Practice Relaxation Techniques:** Try meditation, deep breathing, or yoga to reduce stress and improve sleep.

Let ADS Support Your Diabetes Journey

At Advanced Diabetes Supply (ADS) and US MED, we’re committed to providing you with the highest quality diabetes supplies and care. From glucose meters to insulin pumps, we offer a wide range of products to help you manage your diabetes effectively.

We’re committed to your health. Contact us today for more information.



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