Lifestyle Sleep Health

Sleep is a pillar of health and maintaining good sleep habits is essential in the management of diabetes or prediabetes.



Tips for Better Sleep

- Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.
- Set a bedtime that allows you to get at least 7-8 hours of sleep.
- Don't go to bed unless you are sleepy.
- If you don't fall asleep after 20 minutes, get out of bed. Go do a quiet activity without a lot of light exposure. It is especially important to not get on electronics.
- Establish a relaxing bedtime routine.
- Use your bed only for sleep and sex.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evenings.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Exercise regularly but do not exercise within 2 hours of bedtime to optimize sleep.
- Avoid consuming caffeine in the afternoon or evening.
- Avoid consuming alcohol before bedtime.
- Reduce your fluid intake before bedtime.

Sleep Management Goals

Setting goals around sleep health is a great way to increase your sleep quality. It's often easier to achieve positive goals. An example of a positive sleep goal is, "I will begin a new bedtime routine of shutting off the television and instead, reading a book for at least 30 minutes before bed, four nights this week."

Specific - What are you going to do to improve your sleep quality/quantity?

Measurable - How much time, how many sessions?

Achievable - How confident are you that you can achieve this goal?

Realistic - What can you actually do? (improvement over perfection)

Time-bound - How frequent? How long will you commit?

Helpful resources:

American Academy of Sleep Medicine
AASM.org
AASM.org Resources

Recommendations for Optimal Sleep

Infants 4 months to 12 months:
12 to 16 hours per 24 hours

Children 1 to 2 years of age:
11 to 14 hours per 24 hours (including naps)

Children 3 to 5 years of age:
10 to 13 hours per 24 hours (including naps)

Children 6 to 12 years of age:
9 to 12 hours per 24 hours

Teenagers 13 to 18 years of age:
8 to 10 hours per 24 hours

Adults:
7+ hours of sleep per 24 hours

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