

# How to Fall Asleep Fast with Diabetes: 4 Science-backed Tips that Work!

Written by Yeny Vargas, PharmD, RN



Getting good sleep isn't always easy when you're living with diabetes. Blood sugar fluctuations can result in nighttime disruptions, impacting restful sleep. And it goes both ways, poor sleep can also make it challenging to keep your blood sugar under control. The good news is that implementing a few simple, science-backed tips can help you fall asleep faster and wake up feeling more refreshed, even with diabetes.

# 1. Manage the Underlying

- **Stabilize Your Blood Sugar Before You Go To Bed**

Ensure that your nighttime blood sugar levels are managed well. This may include taking medications (i.e., oral medications, long-acting insulin, etc.) and using a continuous glucose monitor.

Follow your doctor's guidelines for proper nighttime nutrition. This usually means focusing on lower glycemic foods like a high-protein snack before bedtime to help prevent drastic blood sugar fluctuations throughout the night.

Blood sugar fluctuations may lead to bothersome effects such as increased nighttime urination, feeling irritated, sweating, or dizziness.

Keeping your blood sugar steady before bed isn't just safe - it helps you relax, too. Many people stress over their blood sugar numbers at night, and that worry alone can keep you up.

- **Tackle Common Diabetes Sleep Problems**

Oftentimes, diabetes is associated with other conditions such as:

- **Sleep Apnea**, where breathing repeatedly stops and starts during sleep.
- **Peripheral Neuropathy**, or nerve damage associated with tingling, pain, and weakness.
- **Restless Legs Syndrome**, which is an irresistible urge to move the legs.
- **Obesity**, or too much body fat, can induce insulin resistance and type 2 diabetes. Obesity is also commonly associated with other conditions that can affect your sleep quality, such as depression and reflux.

Decreasing body fat mass can help normalize obesity-induced metabolic dysfunction and can even achieve diabetes remission.

Reach out to your doctor for help with managing these conditions as soon as possible. Doing so will pay dividends in improving your overall health and sleep wellness.

If treatment is prescribed for these, be sure to use them as directed by your doctor.

## 2. Practice Good Sleep Hygiene

- **Have a Good Bedtime Routine**

Start by getting yourself prepared for the following day. Lay your clothes out, pack your lunch, and prepare anything else you need to take with you when you head out the door the next morning. Feeling prepared for the next day helps you to relax.

Start to wind down at night. Straighten out your house, lock your doors, and dim the lights. Take a few deep breaths.

Have a simple bedtime routine that you follow daily, such as taking a warm bath, putting on your pajamas, brushing your teeth, and reading a physical book (nothing too stimulating).

Above all, have a consistent sleep schedule. Go to sleep and wake up at the same time every single day.

- **Optimize Your Sleep Environment**

Level up your bedroom to keep it cool, dark, and quiet. Make sure you have a good mattress and pillow, and be sure to minimize any blue light exposure (i.e., no doom scrolling and no TV!).

### 3. Limit Daytime “Sleep Interrupters”

- Naps Are Not a Substitute for Nighttime Sleep

If you take a nap during the day, keep it short and sweet. A maximum 30-minute nap is usually ideal.

- Incorporate a Healthy Lifestyle

Get regular exercise and eat a well-balanced diet that works for you and helps keep your blood sugar under control. However, avoid vigorous exercise close to your sleep time.

Caffeine and alcohol should be kept to a minimum during the day and should be especially avoided close to bedtime.

- Calm Your Mind

Journaling may help to clear your mind before falling asleep. Meditation and deep breathing exercises can also help calm your mind and body and may even increase melatonin production.

Mind what you do throughout the day so that you're minimizing extreme stressors that can affect your sleep at night. Reduce the potential for guilt or regret as much as you can because these can also impact sleep.

### 4. Try Sleep Aids if Necessary

- Aromatherapy for Sleep

Essential oils may help create just the right ambience that you need to drift off to a deep sleep. Just be sure to follow instructions carefully when using essential oils.

- Sleep Devices and Ambient Sounds

White noise machines or sleep apps that emit ambient sounds may help improve your quality of sleep, and they may be worth trying.

- Supplements, Over the Counter (OTC) Medications, and Prescription Medications May Help

If you occasionally struggle to get some sleep, even after implementing the above strategies, supplements and OTC products such as Melatonin or Unisom may provide relief when necessary. Consult with your doctor or Pharmacist to see what options are right for you.

If you find that you're still regularly experiencing disruptions with your sleep, speak with your doctor. Prescription medicines may be able to help.

## Bottom Line

Check your sleep habits. Don't sacrifice your sleep because you're too busy during the day. The consequences to your health are too detrimental.

When it comes to diabetes and sleep problems, it's a two-way street, so to speak. Diabetes can cause sleep problems, and sleep problems may worsen diabetes.

Set yourself and your surroundings up to help ensure that you are getting your best sleep every night as much as possible.

If you're still having difficulty with sleep, consult with your doctor.

*Disclaimer: This article is for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always talk to your doctor or a qualified healthcare provider before making decisions about your health or starting any new treatment.*

## References:

<https://medlineplus.gov/ency/patientinstructions/000757.htm>

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/napping/art-20048319>

<https://www.sleepfoundation.org/sleep-hygiene/healthy-sleep-tips>

<https://www.psychologytoday.com/us/blog/sleep-newzzz/202106/how-journaling-can-help-you-sleep>

<https://www.sleepfoundation.org/sleep-aids/best-essential-oils-for-sleep>

<https://aasm.org/staying-current-with-insomnia-related-technologies/>

<https://my.clevelandclinic.org/health/treatments/15308-sleeping-pills>

<https://www.scientificamerican.com/article/a-good-nights-sleep-may-help-control-blood-sugar/>

<https://pubmed.ncbi.nlm.nih.gov/32204977/>

<https://www.sleepfoundation.org/physical-health/lack-of-sleep-and-diabetes>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7247196/>

<https://www.mayoclinic.org/diseases-conditions/sleep-apnea/symptoms-causes/syc-20377631>

<https://my.clevelandclinic.org/health/diseases/14737-peripheral-neuropathy>

<https://www.ninds.nih.gov/health-information/disorders/restless-legs-syndrome>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC8740746/>

<https://www.sleepfoundation.org/physical-health/obesity-and-sleep>

How to Fall Asleep Fast with Diabetes:

#### 4 Science-backed Tips that Work!

Getting good sleep isn't always easy when you're living with diabetes. Blood sugar fluctuations can result in nighttime disruptions, impacting restful sleep. And it goes both ways, poor sleep can also make it challenging to keep your blood sugar under control. The good news is that implementing a few simple, science-backed tips can help you fall asleep faster and wake up feeling more refreshed, even with diabetes.

#### Manage the Underlying

#### Stabilize Your Blood Sugar Before You Go To Bed

Ensure that your nighttime blood sugar levels are managed well. This may include taking medications (i.e., oral medications, long-acting insulin, etc.) and using a continuous glucose monitor.

Follow your doctor's guidelines for proper nighttime nutrition. This usually means focusing on lower glycemic foods like a high protein snack before bedtime to help prevent drastic blood sugar



0%

of text is likely AI ⓘ



AI-generated ⓘ	0%
AI-generated & AI-refined ⓘ	0%
Human-written & AI-refined ⓘ	0%
Human-written ⓘ	100%